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## 10 January Chores to Freshen Up Your Home For 2024



1. Declutter High-Traffic Areas
2. Clean your air filters and air vents
3. Straighten up and reset your closets
4. Clean under your furniture, such as beds and couches
5. Straighten up around and under your bathroom sink
6. Clean your ceiling fans
7. Organize the "junk drawer"
8. Clean the inside of your fridge
9. Clean out your car, create organizational systems in your trunk and glove box
10. Clean your doors and door frames



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## YOUR CITY COUNCIL AT WORK: MAYOR APPOINTS VOTING DELEGATES AND LIAISONS TO REPRESENT SIERRA MADRE

By Kevin McGuire

On Tuesday, January 9, the City Council approved liaisons and voting delegates ready to serve on boards, commissions, and associations. Voting delegates to the San Gabriel Valley Council of Governments, League of California Cities, and the Southern California Associations of Governments were approved during the first City Council meeting of the New Year.

These appointments are necessary to allow the City Council to have mutual communication with various commissions, boards, and associations to make sure the Sierra Madre community is represented in regional public policy talks.

Responsibilities for these liaisons/delegates will include attending meetings of these various groups and communicating the discussions and any actions taken during the assemblies back to the City Council. Alternative liaisons were also appointed.

All appointments are for one year and are traditionally approved by the mayor. This year, the honor goes to the new mayor of Sierra Madre, Kelly Kriebs. And here are the liaisons/delegates.

Appointments of delegates for the San Gabriel Valley Council of Governments, League of California Cities, and the Southern California Associations of Governments required approval through Resolutions 24-06, 24-07, and 24-8, respectfully. All received unanimous approval.

Commission Board	City Council Liaison	Alternate Liaison
Planning Commission 1 <sup>st</sup> & 3 <sup>rd</sup> Thursday, 7:00 PM	Councilmember Lowe	Mayor Pro Tem Parkhurst
Senior Community Commission 1 <sup>st</sup> Thursday, 3:00 PM	Councilmember Garcia	Councilmember Goss
Community Services Commission 3 <sup>rd</sup> Monday, 5:00 PM	Mayor Pro Tem Parkhurst	Councilmember Lowe
Natural Resources Commission, 3 <sup>rd</sup> Wednesday, 6:30 PM	Mayor Kriebs	Councilmember Garcia
Library Board of Trustees 4 <sup>th</sup> Monday, 5:00 PM	Councilmember Goss	Mayor Kriebs

Associations	City Council Delegate	Alternative Delegate
Los Angeles County Sanitation District 4th Wednesday, 1:30 PM	Mayor Kriebs	Mayor Pro Tem Parkhurst
Board of Supervisors 2nd Thursday, 10:00 AM	Mayor Kriebs	Mayor Pro Tem Parkhurst
San Gabriel Valley Council of Governments (COG) 3rd Thursday 6:00 PM	Councilmember Goss	Mayor Kriebs
Southern California Association of Governments (SCAG)	Councilmember Garcia	Councilmember Goss
League of Calif. Cities 1st Thursday 6 PM	Councilmember Lowe	Mayor Kriebs
Clean Power Alliance (CPA) 1st Thursday 2 PM	Mayor Pro Tem Parkhurst	City Staff
Foothill Workforce Investment Board	Councilmember Goss	Councilmember Lowe
Sierra Madre Chamber of Commerce	Mayor Pro Tem Parkhurst	Councilmember Garcia

## MORE HONOREES FOR ANNUAL DINNER NAMED

The City of Sierra Madre has announced that 4 additional persons will also receive recognition for their outstanding contributions to Sierra Madre at the Honors Dinner on January 24th.

They are:

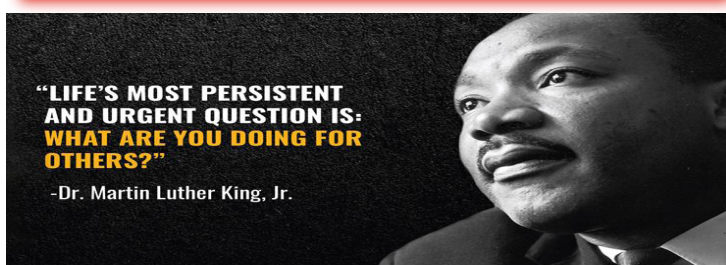
Employee of the Year Satnam Rait  
Exemplary Employee Of The Year  
Jennifer Peterson  
Chelsea Lee

The George Maurer Lifetime Achievement Award will be bestowed on longtime volunteer Diane Sands.

The event is an annual joint effort by the City and the Chamber of Commerce.

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## BE A FLOAT DESIGNER . . . CONTRIBUTE A DESIGN FOR THE 2025 SIERRA MADRE ROSE FLOAT

**THEME: BEST DAY EVER!**

Each year the Sierra Madre Rose Float Assoc. holds a contest to choose a design for our next float. Anyone can submit a black & white pencil or pen concept drawing on our submission form, along with a description.

The 2024 Theme is: "The Best Day Ever" and according to newly elected Tournament of Roses Chair Ed Morales, "The 2025 theme celebrates life's best moments – those unexpected times that bring a smile, warm our hearts and fill us with joy." (Full story pn page 5)

This year's design contest will be held until Friday, February 9th, 2024 at 5:00 p.m.

Please visit our website [www.SierraMadreRoseFloat.org/get-involved/volunteer/design](http://www.SierraMadreRoseFloat.org/get-involved/volunteer/design) for additional info, rules and guidelines..



There are lots of things to Wine about.... Buying or Selling your home is not one of them.

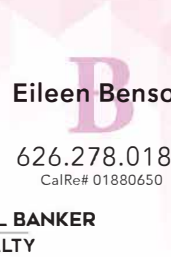
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## SENIOR COMMUNITY COMMISSION ARE SEEKING YOUR COLLABORATION TO FIND THE 2024 OLDER 'SIERRA MADRE' AMERICAN OF THE YEAR.

Nominations are now being accepted for this renowned honor. Note that although worthy, Senior Community Commissioners are not eligible. Additionally, nominations will only be accepted for new candidates who have not been honored in years prior.

The nomination form is available on the city's website at: <https://www.cityofsierramadre.com/cms/one.aspx?portalId=212393&pageId=241945> and return it to the Hart Park House Senior Center, or mail/walk in to City Hall, Community Services Department, 232 W. Sierra Madre Blvd., Sierra Madre, CA 91024 prior to, or no later than, Wednesday, March 13th, 2024.

The Commission will review nominations and select an honoree at their regularly scheduled meeting on Thursday, April 4th, 2024 at 3:00 p.m. in the City Hall Council Chambers.

The individual selected by you or your organization must live in Sierra Madre, while demonstrating outstanding community service and be at least the age of, or older than 60. The honoree will be recognized at a reception held in their honor on Wednesday, May 8th., 2024.

Previous Honorees: Dick Johnson, Joan Crow, Jerry & Nan Carlton, Pat Alcorn, Fran Garbaccio, Ken Anhalt, Eph Konigsberg, Russ Anderson, George Throop, Loyal Camacho, John Grijalva, Joylouse Harte-Smith, James Heasley, Midge Morash, James Tyler, Isabella Paegal, Bonnie Garner, Rose Fafach, Ed Wellman, Celeste McCleary, Dorothy Tillquist, Doris Webster, Elsie Dammeyer, George Mauer, Karl Teigler, Laurie Cooper, Lucille Flanders, Ann Tyler, Jay Whitcraft, Darlene Crook, Paul Hagen and Clem and Nina Bartolai.

Thank You in advance for your support and assistance with this spirited community event. Should you have any additional questions, feel free to contact Lawren Heinz, Administrative Analyst at (626) 355-5278 x704.

## LETTER TO THE EDITOR

I was saddened, dismayed and alarmed reading the comments of our village leaders in last week's front page article about the special election.

To be able to hold a special election is a privilege and right of a democratic society. The one lone signature of the steering committee member wasn't enough. The 45.98% of the voters who were opposed to the project were able to be counted also.

Democracy costs. Ask our veterans, soldiers and their families. Having the special election being "prevented" is sounds dangerous and scary to me.

I, willingly, would pay extra taxes and forego having new police cars in order to have a special election that nearly 50 % of the voters were able to have a dissenting voice. In my opinion, there was no better "use of our resources" than to have an election that 45.98% of the voters felt necessary.

Thank you to those who took their time to gather signatures, and those who took their time to tally votes. I applaud those who had the foresight to maintain a budget reserves so we can have special elections.

I am grateful and pleased we have a democratic process in place to allow all votes to be heard.

Barbara Skousen, Sierra Madre

## WALKING SIERRA MADRE - The Social Side

by Deanne Davis

*"January...month of empty pockets."  
Sidonie Colette*

"January is the Monday of months – everyone hates it and it comes too soon after the party."

January is the alarm clock you can't throw at the wall, the gym membership you already regret buying, the Monday that stretches on for an eternity...because (and let's be honest, most Januarys feel like they have 57 Tuesdays!)

It's possible January is just misunderstood. You could throw HOPE into your January and think of it as a fresh start. With HOPE, we can raise our cup of hot coffee and toast January; because, after all, there is a whole year of adventures before us waiting to be had! I realize we're more than halfway through January but in case you didn't know these amazing facts and opportunities, here's what you can celebrate in January:



We've already missed some of these, but you can mark your calendar for next year:

- January 3 – National Chocolate-Covered Cherry Day
- January 6 – National Bean Day
- January 8 – Elvis Presley's Birthday
- January 10 – National houseplant Appreciation Day
- January 14 – National Dress Up Your Pet Day
- January 20 – National Penguin Day
- January 22 – National Answer Your Cat's Questions Day
- January 29 – National Puzzle Day – Hence, the picture this week is of granddaughter, Jessie, and our latest completed puzzle which features cakes, cupcakes, spilled tea, chaos and cats.

Remember my mentioning the best spinach quiche ever, passed along to me by one of the nurses at the Red Cross Blood Collection center? I'm about to make this myself, friends and neighbors, as I want something to eat that has not been any part of a holiday dinner and you probably do, too.

One Pillsbury unbaked pie crust (you know these goodies are there in the refrigerator case where cookie dough and unbaked croissants are located.) Place the pie crust in a 10" pie pan and prick it with a fork all over so it doesn't develop bubbles which ruin your pie crust. Bake at 375 degrees for 10 minutes. Set aside while you make the filling:

1 10 oz. package frozen chopped spinach, cooked and drained. Also set aside.

- 3 eggs
- 2 cups low fat cottage cheese
- 4 TB milk
- ½ tsp. nutmeg
- 5 TB. grated Parmesan cheese (fresh is really good but that old green container of Kraft works just fine)

2 TB or so of diced onion sauteed in butter or olive oil till tender but not browned. Salt and pepper

Process ingredients 1-6 in your blender but don't put the spinach in there.

Mix the blended ingredients with the spinach (I just stick it all back in the pan I cooked the spinach in so there's only one pan to wash.) Pour into the baked pie shell.

Bake at 350 degrees for about 30 minutes. Let cool slightly so it doesn't burn your tongue and enjoy with a salad, fruit or just a huge chunk on a plate for yourself. Men will eat this, and the occasional extremely precocious child.

As Julia Child would say, "Bon Appetit!"

And just to wind up the week, a few positive thoughts filled with HOPE:

- Today I begin a new life. I will fill my mind with happy, HOPEful thoughts.
- Today I will laugh at the world. I will stop taking others and myself too seriously.
- I am God's greatest miracle. I will believe in myself.
- I will act now. I will not practice procrastination. (That means if you haven't put away your Christmas decorations, you really need to do it ASAP)
- Today I will savor pleasure (like this spinach quiche I could make)
- Today I will practice gratitude. God has blessed us beyond our wildest dreams. We need to thank Him.

Our minds are like a garden; each day we need to weed out any negativity and feed it with positivity. We spend the first few days of January walking through our lives, room by room, drawing up a list of work to be done, cracks to be patched, closets to be cleaned, boxes packed to go to Good Will or Salvation Army. Maybe this January we could walk through the rooms of our hearts...not looking for flaws, but for potential. And carry HOPE with us wherever we go.

My book page: Amazon.com: Deanne Davis  
Take a look! There are interesting goodies galore for You Kindle readers and even an actual book or two for you "I need to hold it in my hands" readers.

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**The public is always welcome to join us!**

**Sierra Madre CERT General Meeting  
Thursday, January 25th, 7:00 PM  
Hart Park House - Memorial Park  
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## Winter Art Classes!

New Year, New Classes!

Classes begin on January 16th.  
Registration for winter classes is still open.

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## Weather Wise



### 6-Day Forecast Sierra Madre, Ca.

Sun	Rain	Hi	60s	Lows	40s
Mon	Rain	Hi	60s	Lows	40s
Tues	Ptly Cldy	Hi	60s	Lows	40s
Wed	Ptly Cldy	Hi	60s	Lows	40s
Thur	Sunny	Hi	70s	Lows	50s
Fri	Sunny	Hi	70s	Lows	50s

Forecasts courtesy of the National Weather Service

### SIERRA MADRE CITY MEETINGS SIERRA MADRE CITY COUNCIL MEETING

JANUARY 23, 2024 5:30pm

### THIS MEETING WILL BE HELD IN THE COUNCIL CHAMBERS!

As part of the City of Sierra Madre's COVID-19 transparency efforts and The Brown Act provides the public with an opportunity to make public comments at any public meeting. Public comment may also be made by e-mail to [PublicComment@CityofSierraMadre.com](mailto:PublicComment@CityofSierraMadre.com) by 3:00 p.m. on the day of the meeting.

Emails will be acknowledged at the Council meeting and filed into public record. The public may also comment in person at the meeting.

The meetings will be streamed live on Foothills Media website at [foothillsmedia.org/sierramadre](http://foothillsmedia.org/sierramadre) and broadcast on Government Access Channel 3 (Spectrum)..

### 1630 AM EMERGENCY RADIO & Free on-air publicity for local events

Sierra Madre's EMERGENCY radio station is now accepting scripts for Public Service Announcements (PSAs) about community events. PSAs will be broadcast on the air at no charge. The station operates 24/7 and can be heard at 1630 on the AM dial.

Any local non-profit or non-commercial organization can have their event information broadcast to the public on Sierra Madre Community Information Radio. The station covers the city of Sierra Madre, plus surrounding areas of Pasadena, Arcadia, and Monrovia.

Your event must:

- Benefit a non-commercial or non-profit entity
- Be open to the public
- Be of general interest to local citizens

Just write a Public Service Announcement that describes your event and e-mail it to [radio@cityofsierramadre.com](mailto:radio@cityofsierramadre.com).



This week at the  
Sierra Madre  
Public Library

January 22—January 27

#### Monday

Baby Rhyme Time — In-person at 9:00am

Preschool Storytime — In-person at 10:00am

#### Wednesday

Board Library Teens at Hart Park House — In-person at 4:00pm

In-N-Out Burger's Cover to Cover Reading Program — For kids aged 4-12, read 5 books or 300 minutes and earn a free cheeseburger, hamburger, or grilled cheese sandwich. Pick up a reading log at the Library and redeem by February 10.

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# Pasadena Altadena

News From Your Community For Your Community



## City Parking Strategic Plan Meeting



The City of Pasadena is set to present a new Parking Strategic Plan in two upcoming Town Hall Community Meetings. The first meeting will be held Thursday, at 6:30 p.m., at Robinson Park Recreation Center located at 1081 N Fair Oaks Ave. The second meeting will be held Thursday, February 1 at 6:30 p.m., at the Santa Catalina Branch Library located at 999 E Washington Blvd.

The goals of this plan are to: Unify the management of the citywide parking system; Improve the parking user experience and enhance access; Implement financially sustainable strategies; Create an integrated parking system that is adaptable to the city's ongoing needs.

For more information visit: [cityofpasadena.net/transportation](http://cityofpasadena.net/transportation).

## MWD Pipeline to Shutdown

City officials announced Thursday that the Metropolitan Water District of Southern California ("MWD") is planning a 10-day disruption of imported water deliveries from February 5 to 14.

According to a statement, MWD's pipeline that typically delivers MWD supplies to Pasadena Water and Power ("PWP") will be shut down for valve maintenance and for MWD facility inspection.

Sidney Jackson, General Manager of Water and Power, reported the department estimates minimal impacts to water deliveries given the disruption is planned for February, which typically exhibits a cooler and wetter environment. PWP will implement precautionary measures, such as holding greater volumes of water in its reservoir tanks, utilizing local groundwater supplies, and partial flow of MWD supplies, when available, during the shutdown period.

PWP coordinated with MWD in preparation of the reduced supplies and to ensure continued deliveries to PWP customers. PWP is performing outreach to key account customers, and other large commercial customers, for their assistance in curbing outdoor water use during MWD's shutdown.

PWP will continue to monitor water demands. Should dry weather occur during the rest of January, outreach efforts may be expanded to include customers throughout the service area regarding voluntary reduction of outdoor watering.

Currently, the city is under a Level 2 Water Supply Shortage Plan that restricts outdoor watering to one day per week through March 31. PWP asks the community's support and dedication to adhering to the Level 2 Water Supply Shortage Plan guidelines. For more information, visit [PWPweb.com/SaveWater](http://PWPweb.com/SaveWater).



## TofR Reveals 2025 Theme 'Best Day Ever!'

Newly installed President Ed Morales announced Thursday, on the front steps of Tournament House, the 2025 Pasadena Tournament of Roses theme, "Best Day Ever!"

The sounds of the Pasadena High School Orchestra filled the air as Morales also revealed the 2025 theme poster (pictured).

Earlier in the evening, the Tournament of Roses' Board of Directors confirmed Morales as President and Chairman of the Board for the 2025 Pasadena Tournament of Roses Association, providing leadership for the 136th Rose Parade presented by Honda and 111th Rose Bowl Game presented by Prudential.

"The 2025 theme celebrates life's best moments - those unexpected times that bring a smile, warm our hearts and fill us with joy," Morales said. "From a once-in-a-lifetime experience to the simplest pleasures, each is indelibly etched into our memory. Together, we celebrate where we've been and what we look forward to. It's about family, friends, and community and what we have to celebrate - and to be thankful for. On New Year's Day and throughout the year, let's celebrate the times that make up our Best Day Ever."

According to Tournament

officials, throughout his tenure as a volunteer Member of the Tournament of Roses, Morales has been the driving force behind numerous committees, wielding his expertise in areas such as Community Relations, Membership, Queen and Court and Media Operations.

Beyond his involvement with the Tournament of Roses, Morales is a member of the Pasadena Optimist Club and serves on the Foundation Board for the California School of the Arts. Professionally, Morales is a Partner with the Law Offices of Borton Petrini, LLP.

The Tournament of Roses also announced the 2024-2025 leadership and organizational structure.

The Executive Committee elected Greg Custer to serve as the Association's President in 2023. He has been a volunteer Member since 1998 and will provide leadership for the 143rd Rose Parade and 118th Rose Bowl Game on January 1, 2025.

In addition, the following officers were elected to serve with Custer on the 14-member Executive Committee: Mark Leavens, Executive Vice President; Terry Madigan, Treasurer and Pam Knapp, Secretary. Alex Aghajanian, President of the 2024

as Immediate Past President. Re-elected to the Executive Committee as Vice Presidents are Craig Washington, Jason Melillo and Ruth Martinez-Baenen.

Five At-Large Members are appointed to the Executive Committee and serve for two years. The outgoing At-Large Members, Steve Arellano and Regina Major, were thanked for their hard work and dedication to the Association. New At-Large Members Charlotte Bland and Rafael Sanchez III will join Alain Camiling, Steve Darden and Eve Santillan. Morales also announced the election of new Members to the Tournament of Roses Board of Directors; Amy Garrity, Ciran Hadjian, Tina Lowenthal and Kirk Thorell.

Experience the awe and wonder of the floats, bands and equestrian units of the 136th Rose Parade and the iconic college football matchup, the 111th Rose Bowl Game, Wednesday, January 1, 2025.

## Illness Linked to Eating Raw Oysters

Pasadena Public Health Department announced Tuesday that they are coordinating with the Los Angeles County Department of Public Health to investigate complaints of gastrointestinal illness potentially linked to raw oyster consumption in the region. At this time, residents need to be aware about the risks of consuming raw oysters and take precautions, especially those who may be vulnerable to severe health conditions, including young children, older adults, and/or people who are immunocompromised.

"We are working closely with our state and county public health partners to assess the scope of the potential outbreak and investigating complaints to determine if there are any local impacts," said Manuel Carmona, Acting Public Health Director.

"If you are feeling sick with a gastrointestinal illness, avoid spreading illness by washing your hands frequently, avoid preparing food for others, and disinfect surfaces that might come in contact with the virus, especially in the bathroom and frequently touched objects, like your phone, door knobs, and kitchen countertops," said Interim Health Officer, Dr. Parveen Kaur. "Seek medical care if symptoms are severe."

If you believe you became sick from eating or drinking something at a Pasadena food facility, file a report at the Pasadena Citizen Service Center under Public Health Restaurant-Food Borne Illness at: [cityofpasadena.net/citizen-service-center](http://cityofpasadena.net/citizen-service-center).

## City to Celebrate Jackie Robinson's 105th Birthday



The City of Pasadena Parks, Recreation and Community Services Department is set to celebrate the 105th birthday of famed baseball player and civil rights activist Jackie Robinson on Jan. 31 from 2 p.m. to 4 p.m., at the Jackie Robinson Community Center.

According to officials, the birthday party will include self-guided tours of Jackie Robinson memorabilia. This exhibit is on loan from the Pasadena Baseball Reliquary which features a Grays jersey, Negro League baseball items, historical pictures, and a model of Ebbets Field. Members of Jackie Robinson's family will be in attendance. Light refreshments will be served.

At 4:30 p.m. the public is invited to gather at the Jackie Robinson statue at the Rose Bowl Stadium for birthday cupcakes and free guided tours of the stadium and field departing every 30 minutes.

"As we recognize our Pasadena native son, please join city employees in wearing a Jackie

Robinson baseball jersey or shirt, or simply the number 42, which was his jersey number," officials said.

Jackie Robinson lived in Pasadena from 1922-47 where he learned to play sports. While living in Pasadena, he attended John Muir High School where he first excelled in baseball, football, track, and basketball. Robinson went on to attend UCLA before joining the Dodgers in 1947. Throughout his life, he contributed to the Civil Rights Movement and was the first African American to play Major League Baseball and become Vice President of a major American corporation.

The Jackie Robinson Community Center, 1020 N. Fair Oaks Ave., was named after this trailblazer and is located in the neighborhood where he grew up. It was dedicated in his name on June 2, 1974.

For more information about this event or to request a disability-related accommodation, call Jackie Robinson Community Center at (626) 744-7300.

## Pasadena Symphony: Beethoven Emperor Featuring Pianist George Li

The Pasadena Symphony continues its 96th season with Beethoven Emperor on Saturday, January 27. Beethoven's heroic voice will be on full display with his powerful Piano Concerto No. 5 "Emperor" performed by award-winning pianist George Li. With unparalleled talent, Li has garnered international attention with his "staggering technical prowess, sense of command and depth of expression" (Washington Post), winning the International Tchaikovsky Competition Silver Medal and the Avery Fisher Career Grant.

Conductor Kensho Watanabe returns to lead the orchestra after making his Pasadena Symphony debut last season. Fast becoming one of the most exciting and versatile young conductors to come out of the United States, Watanabe has served as Assistant Conductor of the Philadelphia Orchestra and has received the Solti Foundation's Career Assistance

Award. Along with Beethoven's heroic masterpiece, Watanabe will conduct Kolády's Hungarian tone poem Dances of Galánta, and will open the program with Jessica Hunt's Climb, inspired by the composer's shared struggle with Beethoven in overcoming physical adversities.

Arrive early for the pre-concert discussion Insights, or enjoy a bite or a glass in the Symphony Lounge, a posh setting along Ambassador Auditorium's beautiful outdoor plaza with a full service beverage center serving coffee, spirits and fine wines from The Michero Family, plus sandwiches, soup, appetizers and dessert by Cynthia Brooks Catering before the concert and during intermission.

Performances will be held at 2 p.m. and 8 p.m. at the Ambassador Auditorium, 131 South St. John Ave. Single tickets start at \$42 and may be purchased online at: [pasadenasymphony-pops.org](http://pasadenasymphony-pops.org) or by calling (626) 793-7172.

## Police Department gets New False Alarm Billing Company

The City of Pasadena will begin Tuesday using a third-party partner, Central Square Corporation, for the management of its alarm permitting and billing. The partnership includes a website using Central Square Corporation's proprietary software, CryWolf, to facilitate alarm permitting, billing and appeals. Central Square Corporation will administer all false alarm notifications, billing and collections for the City. The program will help to encourage alarm users and alarm companies to maintain the proper working order of alarm systems. The new software service will improve the reliability of alarms, and the readiness of public safety resources to better serve the community.

In calendar years 2022 and 2023, the Pasadena Police Department responded to approximately 4,800 and 4,300 respectively, incidents relating to false alarms, unintentional alarm system activation, system malfunctions, and other types of false alarms. Effectively processing false alarm fees helps to reduce responses to false alarms and allows police department resources to respond to actual emergencies.

Pasadena Municipal Code requires that City residents and businesses with an installed alarm system purchase an alarm permit from the City of Pasadena. The alarm permit

covers a one-year period and expires on a one-year cycle on February 1st. The fee for the permit is prorated based on the application date and is adjusted annually on July 1st.

PMC establishes a fee for police response to two or more false burglar alarms in a twelve-month period. A false alarm is defined by PMC as "an alarm signal that is activated by causes other than the commission or attempted commission of an unlawful act which the alarm system is designed to detect, necessitating a response by the Police Department where an emergency situation does not exist." An alarm signal activated by violent conditions of nature or other extraordinary circumstances not subject to the control of the alarm subscriber, shall not constitute a false alarm.

PMC Section 5.24.070 (a) requires that an alarm company is responsible for ensuring that an alarm system is registered prior to installation whether the registration is completed by the alarm user or the alarm company. Failure to ensure an alarm system is properly registered will result in the assessment of civil penalties to the alarm business that maintains the contract with the alarm user.

Central Square Corporation will begin working with the City of Pasadena Tuesday.

For more information, visit [CityOfPasadena.net/Finance/Licenses/Alarm-Permits](http://CityOfPasadena.net/Finance/Licenses/Alarm-Permits).

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## San Marino Upcoming Events & Programming

### Crowell Public Library Open House

Saturday, January 27 from 12 - 4 PM, Crowell Public Library  
Join us for the annual Open House event! Explore the Library, learn about the services we offer, and participate in a variety of entertainment and crafts! This event is free and open to the public. Be sure to join us at 1 PM in the Barth Community Room for introductions and remarks from the Mayor, recognition of 2023 Community Partner of the Year: Chinese Club of San Marino, and announcement of the San Marino Public Library Foundation's Bookmark Contest winners and acknowledgement of sponsors. Registration is not required.

### Coffee Connections

Weekly on Monday and Wednesday from 8 - 9 AM, San Marino Community Center, MPR 3

Come spend your mornings with neighbors, friends, and a hot cup of coffee at the newly renovated Community Center! Free coffee will be provided. Stay for a variety of organized activities like bingo, chair volleyball, and lectures beginning at 9 AM. This program is for active adults ages 55+. Registration is required.

### Nature Series: Rose Pruning Workshop

Friday, January 26 at 9 AM, Lacy Park, War Memorial  
Join San Marino's Urban Forester, Lora Hall, for a hands-on rose pruning workshop in the Lacy Park rose garden. Learn the basics of pruning and training roses for beautiful blooms. Many of the same pruning techniques apply to other shrubs and flowering plants, so this will be a good foundation for any aspiring gardener. Bring your own gloves and hand pruners. Registration is required.

### Coffee, Tea, and Chat

Friday, January 26 from 9:30 - 11:30 AM, Thornton Conference Room

Connect with your neighbors to learn more about the community and its traditions. This program is presented in Mandarin by the United Charity Foundation for ages 18+. Registration is not required.

### Valentine's Day Grams

Calling all kids in grades K-8! Help us share some neighborly love with a local senior citizen. All it takes is a little creativity! Register for a kit online, pick up your kit at the Community Center (1800 Huntington Drive) between January 22 - February 2, decorate the gigantic Valentine's Day Gram, and return your Gram by February 5. We'll deliver it to a local senior citizen to brighten their day. In exchange, participants will receive a free and cool activity kit for their random act of kindness. Know a senior citizen in town who'd love to receive a Valentine's Day Gram? Let us know by calling (626) 403-2200 or emailing recreation@cityofsanmarino.org.

### Senior Trip to Paramount Studios Tour

Monday, February 26 from 10:15 AM - 5:30 PM  
Cost per person: R \$88 / NR \$106

Start your day at Eataly to experience the wonders of Italian biodiversity at the many restaurants, counters, and cafes providing a taste of foods prepared with the very best ingredients. Shop the market and browse a fine selection of Italian wines and bring home everything you need to make your own feast. From there, you'll be whisked to historic Paramount Studios. You'll have the opportunity to explore 100 years of movie and television history and get an intimate behind-the-scenes look at Hollywood's first studio. Registration is required by January 26.

### All City Track and Field Meet

Friday, March 15 at 4 PM, San Marino High School Stadium  
Registration is open now through February 16. Grab your sneakers and participate in this year's All City Track and Field Meet, sponsored by San Marino Community Athletics Association (SMCAA). All students born between 2009-2017 who are San Marino residents or attend a San Marino school are eligible to participate. Participants can sign-up for a maximum of 2 events and 1 relay. The cost per activity is \$10; fees are non-refundable.

### Earthquake Brace + Bolt Registration Now Open!

Exciting news for California homeowners: EBB registration is now open! Don't miss the chance to secure a \$3,000 grant for retrofitting your home and fortifying it against earthquakes. Was your home built before 1980? Does it have a crawl space under the first floor? If so, an EBB retrofit may help prevent your house from sliding or toppling off its foundation during an earthquake. Registration for an earthquake retrofit grant is open now until February 21, 2024. Learn more and register at: [ow.ly/2cnH50qrwB7](http://ow.ly/2cnH50qrwB7).

### Meetings

#### Library Board of Trustees

Monday, January 22 at 8:00 AM; Barth Room and Zoom (Public Access)

#### Public Safety Commission

Monday, January 22 at 6:00 PM; City Hall Council Chambers and Zoom (Public Access)

#### Planning Commission Meeting

Wednesday, January 24 at 6:00 PM; City Hall Council Chambers and Zoom (Public Access)

#### City Council Meeting

Friday, January 26 at 8:00 AM; Barth Room and Zoom (Public Access)

## Restaurants to Celebrate the Centennial of Cheeseburgers



Pasadena restaurants are set to celebrate the 100 anniversary invention of the cheeseburger in 1924 during Cheeseburger Week. Forty restaurants, burger joints and more take part in the citywide celebration Sunday, January 21 to Saturday January 27.

According to organizers, for the centennial celebration, the Pasadena Chamber of Commerce has added a Cheeseburger Passport. Participants can download the passport, go to passport participating restaurants and get a stamp upon purchase. Those accumulating stamps will win prizes depending on the number of stamps collected. Stamps can only be collected during Cheeseburger Week.

Cheeseburger Challenge Participants can also vote for their favorites in several categories at: [pasadenarestaurantweek.com](http://pasadenarestaurantweek.com). In addition to Favorite Cheeseburger, participants can vote for their favorites in categories such as Favorite White Table Cloth Cheeseburger, Favorite Sliders, Favorite Lunch Counter Burger, Favorite Cocktail with a Burger and more.

In 1924, as legend has it, teenaged Lionel Sternberger turned one side of a hamburger patty at The Rite Spot, his father's roadside stand along Colorado Boulevard (then Colorado Street) in west Pasadena. Rather than throw away the spoiled burger, he masked his mistake

with a piece of cheese and served it to a very appreciative customer. Word soon spread and customers flocked to The Rite Spot for The Aristocratic Burger, A Hamburger with Cheese. Sternberger's achievement is the first verified instance of someone serving a hamburger with cheese to a customer.

Over the years, Sternberger perfected his Aristocratic Burger, much to the delight of customers at The Rite Spot. Sternberger's culinary achievement has been documented by Hamburger America, the Los Angeles Times and even Time magazine in its obituary of Sternberger.

To celebrate Sternberger's culinary masterpiece, Pasadena restaurants are offering specials, unique creations and the tried and true.

Among the culinary creations being offered is the Royal Royce Burger at the Langham Huntington Hotel Pasadena. Made with a prime beef mix of 60 percent short rib and 40 percent brisket topped with a butter-poached lobster tail, smoked chanterelle mushrooms, raclette fondue and black truffles in a charcoal brioche sprinkled with gold leaf. The Royal Royce burger is priced at \$100 but can be had complimentary for those who book special rooms at the hotel during January.

For other special offerings, visit the website at: [pasadenarestaurantweek.com](http://pasadenarestaurantweek.com).

## Playhouse Announces Summer Theater Camps

Danny Feldman, Producing Artistic Director of Pasadena Playhouse, the official State Theater of California and recipient of the 2023 Regional Theatre Tony Award, announces two theater camps for Summer 2024, as part of the Playhouse's ongoing commitment to Youth and Family Programming. Playhouse Players: Madagascar - A Musical Adventure Jr. will be offered over two sessions this summer for ages 7-12 with no previous experience or audition required. The Playhouse will also welcome the return of Musical Theater Boot Camp. No auditions are required for Session 1

(Beginning/Intermediate) of Musical Theater Boot Camp, and video auditions are being accepted until June 1, 2024 for Session 2 (Advanced). Session 1 for both camps is July 8-19, and Session 2 is July 22-August 2. Decisions will be made on a rolling basis until slots are filled. Enrollment for both camps officially opens Tuesday, January 16, 2024. Additional details, including cost and scholarship information for both camps can be found at [pasadenaplayhouse.org](http://pasadenaplayhouse.org).

## Pasadena Looks for New Director of Transportation

City Manager Miguel Márquez announced Monday the recruitment process for the next Pasadena Director of Transportation. Applications for the position are being accepted now with screening and interviews taking place in February.

The public is encouraged to attend a virtual meeting to provide input about the most important qualities that potential candidates should have. The executive search firm of WBPC, Inc. will facilitate the executive search and the public meeting.

Community input is incredibly valuable in appointing the best individual to lead the Department, Márquez said. "I encourage all members of the community to attend the upcoming forum and share their thoughts on the characteristics and professional background they feel would be most important in the new director."

The community forum will take place on Zoom Wednesday, January 24 at 5:30 p.m.

Anyone who would like to offer input but cannot attend the meeting can do so online at: [CityOfPasadena.net/Human-Resources/DOtdirector](http://CityOfPasadena.net/Human-Resources/DOtdirector) for more information.

## Pasadena Public Library to Host Books N' Cops

Pasadena Public Library (PPL) in partnership with Pasadena Police Department (PPD) is hosting "Books N' Cops," a 10 month long multi-event program series. The program series begins Saturday, January 20 with the police forensics division presenting "Crime Scene Library: Investigating True Crime @ Your Library with the PPD Forensics Team" at 11 a.m. at Allendale Branch Library, 1130 S. Marengo Ave.

Books N' Cops brings together various divisions and representatives from Pasadena Police Department to a different Pasadena library branch, January through October. Community members of all ages are invited to attend, learn, play and discover together. All events are free, and most do not require registration.

### BOOKS N' COPS EVENTS

For all ages unless specified.  
**Crime Scene Library: Investigating True Crime @ Your Library with the PPD Forensics Team**  
Families can learn about crime scene investigation from forensic experts with a hands-on lesson using S.T.E.A.M. (science, technology, engineering, art, and math).  
Saturday, Jan. 20 • 11 a.m. • Allendale Branch Library, 1130 S. Marengo Ave.

**Game On: Video Gaming Day with PPD - Super Smash Bros Ultimate Mario Kart 8 Deluxe**  
Enjoy games, bring your friends, grab some snacks, or just chill out with the PPD.  
Thursday, Feb. 8 • 4 p.m. • Hastings Branch Library, 3325 E. Orange Grove Blvd.

**Behind the Blue: A Candid Conversation Celebrating Women in Law Enforcement**  
Celebrate the incredible women in law enforcement who work tirelessly to keep our communities safe. During this event, you'll have the opportunity to hear inspiring stories from female law enforcement officers, learn about their experiences, and gain a deeper understanding of the challenges they face in their line of work.

Saturday, March 16 • 3 p.m. • Hill Branch Library, 55 S. Hill Ave.  
**Donut Décor Showdown with Police Chief Gene Harris & Library Director Tim McDonald**

In this messy, hands-on program, Police Chief Harris and Library Director Tim McDonald and friends come together in our very first donut décor showdown. Teams will use plain donuts, food decorations and basic supplies to create freestanding structures or designs that will be judged to name the winners. Fifteen decorators are competing this

year! Registration is required for participants in competition. The public is invited to help judge and enjoy other fun donut activities. For ages 12 and up.  
Saturday, April 20 • 2 p.m. • Jefferson Branch Library, 1500 E. Villa St.

**Sleuths N' Scoops Escape Room**  
Stop by the library to enjoy free popcorn with PPD detectives. Work as a team to solve logical puzzles, uncover clues, and follow the storyline to unravel the mystery. Registration required. To attend, sign up at <https://PasadenaLibrary.Trumba.com/>.

Tuesday, May 14 • 4 p.m. • La Pintoresca Branch Library, 1355 N. Raymond Ave.  
**Parks N' Books with the Park Safety Team**  
Join us for a fun program showing what Park Safety does, including a mobile command unit, crafts, storytime. Meet the Park Safety Team.  
Thursday, June 20 • 10:30 a.m. • Lamanda Park Branch Library, 140 S. Altadena Dr.

**Bikes N' Books**  
Meet the PPD motorcycle officers. Join us as they showcase their bikes, tell us about their jobs and explain bike safety, make a motorcycle craft, and have fun singing songs.  
Thursday, July 11 • 10:30 a.m. • Linda Vista Branch Library, 1281 Bryant St.

**Bored in the Library - Skipbo Showdown with PPD Detectives and Friends**  
Don't get bored...get a game! Challenge your PPD friends or meet some new people to play with. Registration required. To attend, sign up at <https://PasadenaLibrary.Trumba.com/>.  
Monday, Aug. 12 • 3 p.m. • San Rafael Branch Library, 1240 Nithsdale Rd.

**K9 Tales with Peppia**  
Join Peppia and her handler Officer Padilla for K9-Storytime as they read a few stories and shares some fun.  
Friday, Sept. 13 • 3 p.m. • Santa Catalina Branch Library, 999 E. Washington Blvd.

**H.O.P.E. Team Storytime**  
Have a little fun with the Pasadena H.O.P.E. (Homeless Outreach Psychiatric Evaluation) team as we decorate pumpkins. Families are invited to decorate mini-pumpkins for fall or Halloween. Registration required. To attend, sign up at <https://PasadenaLibrary.Trumba.com/>.  
Monday, Oct. 28 • 4 p.m. • Villa Parke Branch Library, 363 E. Villa St.

For more information, contact Tiffany Dueñas - Pasadena Public Library - at [tduenas@cityofpasadena.net](mailto:tduenas@cityofpasadena.net), or Susana Porras - Pasadena Police Department - at [susanaporras@cityofpasadena.net](mailto:susanaporras@cityofpasadena.net).

## Pasadena Public Library to Celebrate 140 Years

To celebrate 140 years of service, the Pasadena Public Library is planning a year-long celebration highlighting the past, present and future through the contributions of trailblazers, innovators, and future thinkers. "We are excited to celebrate this milestone with our community and continue the tradition of offering impactful service to all," said Pasadena Public Library Director Tim McDonald.

Since first opening its doors in 1884, The Pasadena Public Library has served the community with free and open places to commune, connect, learn, read and belong. Pasadena Public Library has spent 140 years shaping the past, sculpting the present, and building toward a brighter future.

The Central Library stands as the cornerstone of the Pasadena Public Library, offering vital support to its nine branch libraries. In May 2021, our Central Library temporarily closed following a structural assessment that uncovered its susceptibility to seismic activity due to unreinforced masonry. Today, as we commemorate the rich history of our libraries spanning 140 years, discover more about the future of the Central Library, the necessary earthquake retrofit, and the significant contributions it is poised to make in the 21st century by visiting: [cityofpasadena.net/library/central-library-earthquake-retrofit](http://cityofpasadena.net/library/central-library-earthquake-retrofit).

With hundreds of on-site programs, free Wi-Fi services and an extensive collection of printed books, periodicals, media and cloud-based eBooks, the Pasadena Public Library serves as a lifelong learning center and cultural beacon for the greater Pasadena community. Kick off the celebration by picking up a 2024 calendar from any branch location and participate in a time capsule program this morning at 11 a.m., at Jefferson Branch Library, 1500 E. Villa St. Community members of all ages are invited to help draft the story of the library's future with mementoes from the present. Bring photos, letters, artwork, or trinkets to include in the time capsule or add the items you make day of. The time capsule will remain open all month to collect more memories before being sealed for ten years.

Throughout the anniversary year, Pasadena Public Library will host a different feature program at each branch location, January - October, release limited edition merchandise, launch a 14 book reading challenge to celebrate 14 decades of library service, collect and feature community stories of what the library means to you, and broadcast videos of interviews with library staff.

For information visit: [PasadenaPublicLibrary.net](http://PasadenaPublicLibrary.net).

## SAN MARINO LUNAR NEW YEAR FESTIVAL

聖瑪利諾農曆新年園遊會



February 4, 2024 (Sunday), 10am-3pm

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## BRIDGING THE DIGITAL DIVIDE: BRENDA J. TRAINOR TO ILLUMINATE THE IMPORTANCE OF BROADBAND ACCESS AT ARCADIA COORDINATING COUNCIL MEETING

Arcadia, CA — In a groundbreaking move, the Federal government has recently allocated over \$50 Billion towards broadband infrastructure. The primary objective behind this initiative is to address the Digital Divide by ensuring that every home has access to the benefits of the Internet, a move spearheaded by installing fiber optic cable across communities.

The Arcadia Coordinating Council's February meeting will feature a key presentation by Brenda J. Trainor, shedding light on the vital need for broadband access and its transformative impact on communities. The event is scheduled for Monday, February 5, 2024 at Villa Catrina, 251 N. Santa Anita Blvd., Arcadia.

*Why Fiber Optic Cable? Unveiling the Realities and Possibilities*

At the upcoming meeting, Brenda Trainor, a prominent small business owner and president of Frontier Trail Strategies, will delve into the historical context, technological nuances, and the role of real and artificial intelligence in communication. Brenda will articulate the tangible advantages of a fiber-rich infrastructure for the overall health of our economy.

"Access to the Internet over fiber optic cable is no longer a luxury but a necessity. The Digital Divide has real-world implications, and bridging this gap is crucial for the progress and inclusivity of our communities," remarks Trainor.

*About Brenda J. Trainor*



Brenda J. Trainor, also known as The Dog Lady due to her role in owning and operating Wonder Dog Ranch, is a seasoned professional in the communications industry. With decades of experience in both the public and private sectors, Trainor has played pivotal roles in municipal service, regulatory roles, and private sector ventures.

Her extensive career includes municipal service regulating cable television and telephone companies in various cities, private sector leadership roles, and being a founding executive for Altrio Communications. Brenda's consultancy, Frontier Trail Strategies, provides innovative guidance for communications, technology, and communities.

Brenda is a multifaceted media professional, with roles ranging from a writer, author, and editor to a lecturer, television producer, and talk-show host. With a Master's Degree in communications and public policy from

The University of Texas at Austin, Brenda brings a wealth of knowledge to the discourse on broadband and its impact on society.

For reservations contact Linda Clelland, President, ACCC.  
arcadiacommunitycouncil@gmail.com

Meeting Location & Information:  
Monday, February 5, 2024  
Villa Catrina, 251 N. Santa Anita Blvd., Arcadia  
11:45 am – 1:30 pm  
RSVP by Friday, February 2, 2024

HOMELESS COUNT 2024

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## POINT IN TIME HOMELESS COUNT

January 9, 2024 – Save the date for the 2024 Greater Los Angeles Point in Time Homeless Count (PIT Count). The PIT Count is the annual census that counts our neighbors experiencing unsheltered homelessness. The PIT Count helps communities plan services and programs to appropriately address local needs, measure progress in decreasing homelessness, and identify strengths and gaps in a community's current homelessness assistance system. Arcadia's PIT Count will take place on Tuesday, January 23, 2024, starting at 8pm and will deploy from the Arcadia Community Center – 365 Campus Drive. For more information and to register to volunteer, please visit [theycountwillyou.org](http://theycountwillyou.org).

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## BATTLE OF THE BADGES Respond to the call. Give blood.

**Blood Drive**  
**Community Center**  
**119 W. Palm Ave.**  
**Monrovia, CA 91016**

The Monrovia Police Department will host this year's Battle of the Badges Blood Drive on Thursday, January 25, from 9:30 a.m. to 3:30 p.m. at the Community Center (119 W Palm Avenue).

There is a dire need for blood and if you are able, we encourage you all to participate. We would like to beat last year's record of 38 units! Those who donate blood in the month of January will be automatically be entered to win a trip for two to Super Bowl LVIII in Las Vegas!

The winner will get to enjoy access to day-of in-stadium pre-game activities, tickets to the official Super Bowl Experience, round-trip airfare to Las Vegas, three-night accommodations, plus a \$1,000 gift card for expenses!

To schedule an appointment, please go to [RedCrossBlood.org](http://RedCrossBlood.org) and enter sponsor code "BOB24" or call (800) 733-2767.

Streamline your donation experience and save up to 15 minutes by visiting [RedCrossBlood.org/RapidPass](http://RedCrossBlood.org/RapidPass) to complete your pre-donation reading and health history questions on the day of your appointment. All donors get a Battle of the Badges T-shirt!

**JANUARY EVENTS  
AROUND TOWN**

*Brought to you by Sue Cook*

**January 1**  
**Tournament of Roses "Celebrating a World of Music: The Universal Language"**  
Experience the beauty of floral floats along with spirited marching bands and high-stepping equestrian units. The parade begins at 8:00 a.m. at the corner of Green St. and Orange Grove Blvd.

**110th Rose Bowl Game**  
Watch as No.4 Alabama takes on No.1 Michigan. Enjoy tailgating, Rose Court appearances and more. A free and open to the public fan fest begins at 8:00 a.m. Kickoff is at 2:10 p.m.

**January 6**  
**Kids' Cupcake Wars at Saute Culinary Academy**  
Bring the kids in for Saute's own version of Cupcake Wars!  
9:30 a.m. - 11:00 a.m.

**Goat Yoga at The Arboretum with Hello Critter**  
Enjoy communing with gentle goats as you engage in yoga. Bring your love for animals and a sense of humor.  
10:00 a.m. – 11:00 a.m. and 11:30 a.m. – 12:30 a.m.

**The Art Deco Architecture of the Playhouse District**  
Explore Art Deco in this historic district in the heart of Pasadena. Notable landmarks include the Scottish Rite Temple, United Artist Theatre, and the Warner building.  
10:00 a.m. – 11:30 a.m.

**January 11**  
**2nd Thursday Bare Root Rose Talk and Sale at the Huntington**  
Join Tom Carruth, Rose Collections curator, as he discusses rose varieties available at this year's sale. 2:30 p.m. – 5:00 p.m.

**January 13**  
**Flower Arranging: Tropical Winter White Flowers at The Huntington**  
Join Flower Duet for a hands-on flower arranging class inspired by The Huntington's Jungle Garden. Two sessions are offered: 10:00 a.m. – 12:00 p.m., and "Bring a Buddy" 1:00 p.m. – 3:00 p.m.

**La Verne Heritage Foundation Orange Picking**  
A great family outing! Pick your own oranges. The Country Store and Weber House will be open from 9:00 a.m. - 3:00 p.m. for your shopping and touring enjoyment.

**January 15**  
**Kingdom Day Parade 2024, "Can't Stop, Won't Stop, Going to the Promised Land"**  
The world's largest and longest running life celebration of Dr. Martin Luther King steps off at the corner of Martin Luther King Blvd. and S. Western Avenue. 10:00 a.m. – 2:00 p.m.

**January 20**  
**Camellia Tour at Descanso Gardens**  
Learn about Descanso's historic camellia collections and hear stories about the varieties in bloom. 11:00 a.m. – 12:00 p.m.

**January 27**  
**Pasadena Symphony and Pops at Ambassador Auditorium**  
Kensho Watanabe conducts the orchestra in performances of Beethoven's Piano Concerto No. 5 "Emperor", Kolaly's "Dances of Galánta", and Jessica Hunt's "Climb". 2:00 p.m. and 8:00 p.m.

**Big Bad Voodoo Daddy at The Arcadia Performing Arts Center**  
Big Bad Voodoo Daddy brings their lively jazz and swing music to the beautiful Arcadia Performing Arts Center. 8:00 p.m.

**January 28**  
**Pasadena Comic Con at the Pasadena Convention Center**  
This pop culture event for all ages features panels, celebrity guests and more.

**Ongoing Events**

**January 1, 2**  
**Floatfest: A Rose Parade Showcase**  
Head to Sierra Madre and Washington Boulevards in Pasadena and enjoy a walk within a few feet of the magnificent Rose Parade Floats.

**January 17 – February 11**  
**The Pasadena Playhouse presents "Kate"**  
In this widely celebrated one-woman show, comedian Kate Berlant explores events of her life.

**January 21 – 27**  
**Cheeseburger Week**  
Pasadena celebrates the 100<sup>th</sup> anniversary of the invention of the cheeseburger in Pasadena. Use your Cheeseburger Passport to win you prizes, take the Cheeseburger Challenge, and go on a Cheeseburger Crawl.

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# 8 AROUND SAN GABRIEL VALLEY

Mountain View News Saturday, January 20, 2024

*Dining with Dills*  
EVERY SUNDAY AT 5:00 PM ON  
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AM 830**  
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## PARKWAY GRILL

In this part of the world the Smith Brothers are King, at least in the San Gabriel Valley. If you don't know them, they own and operate some very classy restaurants, and have been doing so for quite some time. Parkway Grill, Smitty's and Arroyo Chop House are on their current roster, and a few years back Parkway Grill was dubbed "the Spago of the East" in the Zagat guide.

They must be doing something right and I think I have the answer - no, not like "what's the secret of life" from the movie with Jack Palance playing Curly in City Slickers. It's the service! Now, as the name suggests, the menu at Arroyo Chop House is all about the steak. According to the menu, it's the only restaurant in the two Valleys that offers 100% Prime beef for all steaks on menu- big words with Arnie Mortons, Taylors and The Royce an earshot away.

The menu features a Tomahawk so big that even after the beef is off the bone it's still 30 ounces. In addition, you'll find traditional entrees such as filet mignon, rib eye and other steaks. Is it expensive? Yes. Is it worth it? Every time. My visit was on a Sunday night and it was a birthday celebration (yes, for me the "Chopper" is a special occasion type of joint, not too big and as of this writing you can still eat outdoors). Anyway, since I'd just had a steak at a friend's BBQ Friday night, I was pleased when our server mentioned the Chilean Sea Bass, so that's what I eagerly ordered. I felt the sea bass needed another minute on the fire, and I always hesitate ordering seafood on a weekend for the reason of storage, but rest assured you'll have no problems at this busy restaurant.

What else? We started off with bread and the BBQ shrimp salad - all good!! Asparagus and broccolini filled the appetizer dance card portion of the evening.

The best part of the meal? It really was the service. Our server Christopher was absolute greatness. I believe its my second go-round with him - I never heard the word NO. Can we split a salad? Yes. No cheese? Absolutely! Sauce on the side? YES. The night was perfect! The champagne flutes were never empty, he gave us a heads up ordering dessert, and he gave us the specials of the night completely from memory. Flawless!!

What to get? Many good choices you'll be happy but make sure your server is Christopher!!

Arroyo Chop House open for Dinner at 5 PM  
Full Bar  
Valet Parking  
Reservations are a must  
Expect \$100+ per person

## ASSEMBLYMEMBER CHRIS HOLDEN ACCEPTING NOMINATIONS FOR ANNUAL WOMAN OF THE YEAR & WOMEN OF DISTINCTION

Pasadena, CA—Assemblymember Chris Holden is seeking nominations for his annual 41st Assembly District's Woman of the Year and Women of Distinction celebration.

"For over 30 years, in recognition of Women's History Month, the Legislature has honored the achievements of women throughout California during the annual Woman of the Year celebration," said Assemblymember Chris Holden. "It is your chance to acknowledge the superwoman in your life and in our community."

Nominees must live, volunteer, or work in the 41st Assembly District, which stretches from La Cañada Flintridge and Pasadena in the West to Upland in the East and includes the communities of Altadena, Bradbury, Claremont, La Verne, Monrovia, Rancho Cucamonga, San Dimas, Sierra Madre, and Wrightwood.

The deadline to submit nominations is Thursday, February 15 at 5:00 pm and can be submitted here: <https://a41.asmdc.org/2024-woman-year-and-women-distinction>

## ALL THINGS By Jeff Brown SIERRA MADRE'S PAST

In those far off days, in the late 1880's before the automobile began whirling us hither and yon, the village of Sierra Madre nestled in the sun at the foot of the "Mother Mountains." It might have been called the "The village of Sagebrush and Sunshine" for there was sagebrush everywhere and sunshine flooded everything.

Far to the south there stretched the San Gabriel Valley. Sometimes on a clear day one could see, thru the gaps in the hills, the ocean glittering in the sunshine, and often the sail of a ship.

The Indians of the "Aleupkigna" or "Ahupkina" clan of the Gabrielenos roamed and lived in these foothills and, time was, when their artifacts were found in the Vista Circle and Marlborough Terrace areas of Sierra Madre. Various translated this clan name means "a place of many waters" or "where the wind enters your heart and you inhale wind to cool off." But progress and growth change many outward appearances and it becomes difficult to remember what was the view from Sierra Madre.

Many things will be forgotten of the substance that made Sierra Madre the unique place it is today.

## OCEAN VIEW HOUSE

This building was erected by N.C.Carter in 1886, between Baldwin and Auburn as the first hotel in Sierra Madre, from which "One could see the ships come into San Pedro." It remains today at 93 West Mira Monte. Of special interest is the kitchen area which is formed from the first schoolhouse of the Sierra Madre area, which Mr. Carter moved to Ocean View from its site at the N.W. corner of Hermosa and Live Oak Avenues when the second school was built in 1885.

P.S. For those looking to meet people The Pasadena Ballroom Dance Association is a great place, as it is known to have had 1200 marriages come from couples meeting there, so I've been told.



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## L.A. COUNTY BOARD OF SUPERVISORS PROCLAIM JANUARY AS FIREFIGHTER CANCER AWARENESS MONTH

Action recognizes firefighters' heightened line-of-duty deaths due to chemical exposures, emphasizes prevention and support



Supervisor Barger joins the Firefighter Cancer Support Network for their annual gala in 2018.

Last week, the Los Angeles County Board of Supervisors unanimously approved a motion introduced by Supervisor Kathryn Barger and co-authored by Supervisor Janice Hahn proclaiming January as Firefighter Cancer Awareness Month in L.A. County. The motion was catalyzed by research that shows firefighters are more likely to be diagnosed with certain types of cancer than the general public.

"Ensuring the health and well-being of our County's firefighters is critical to keeping them and our communities safe," said Supervisor Kathryn Barger. "The heart of this motion is about reducing cancer among firefighters by delivering targeted education and extending support to those navigating a cancer diagnosis. I'm hopeful firefighting agencies across our County will join this month-long campaign to focus on prevention and mitigation. We all need to do our part to increase awareness and support for our brave first responders."

"While firefighters are at work saving lives, they're exposed to hazardous materials that put their own long-term health on the line," said Supervisor Janice Hahn. "We can't forget about the wellbeing of our brave men and women who respond to fires and natural disasters. They and their families deserve all of our support."

Bryan Frieders, President of the Firefighter Cancer Support Network and the City of Pasadena's retired Fire Chief, shared his perspective. "Firefighter cancer is the leading cause of line of duty deaths in the fire service," Frieders said. "This motion will help promote the necessary tools and guidance to develop life saving protocols for cancer prevention and support to firefighters who are diagnosed with cancer."

The Firefighter Cancer Support Network extends their deepest gratitude and appreciation to Supervisor Barger, Supervisor Hahn, and the entire County of Los Angeles Board of Supervisors for their action."

## JEWISH COMMUNITY AND THE CITY OF PASADENA TO HOLD EVERY PERSON HAS A NAME, A 25-HOUR HOLOCAUST VIGIL TO COMMEMORATE UN INTERNATIONAL HOLOCAUST REMEMBRANCE DAY

On Saturday, January 27 at 7 p.m. through Sunday, January 28 at 8 p.m., the Jewish Federation of the Greater San Gabriel and Pomona Valleys, in partnership with the City of Pasadena, will be holding its annual Every Person Has a Name, a 25-hour Holocaust vigil to commemorate UN International Holocaust Remembrance Day, on the steps of Pasadena City Hall.

"With the rise of antisemitic and hate incidents we have seen as of late, an event like this is crucial to serving both as a reminder of what can happen when hate goes unchecked and also to remember the people who were murdered because of the same hatred... the hatred for the other," explains Jason Moss, Jewish Federation's Executive Director. "By bringing the community together, we remember that each person killed was someone who lived and whose life was cut short. They are not just part of the six million lives lost but had their own story and their own individual experience. While our readers and those who listen may not know the people they are reading the names for, they are remembered by saying their names aloud. With every passing day, survivors are dying, and with them go their stories. My concern is that the memories will be dying as well."

This year's event will begin with a commemoration ceremony featuring local elected officials and other dignitaries. Then, it will continue with a 24-hour vigil of name reading. And there will also be an exhibition entitled The Righteous Among the Nations, made available to be shown by Yad Vashem, Israel's National Holocaust Museum. The exhibition shares the stories of over 30 people who willingly sacrificed their own freedom, and sometimes their own lives, to save Jews during the Holocaust.

By participating in events like this, we help ensure that the importance of the Holocaust is not forgotten, no matter how many years pass, as memories are passed on to the next generation. We hope that community members will take this opportunity to help safeguard the memory of the Holocaust, promote tolerance, and protect the society in which we live.

The event is open to the public. We are currently looking for volunteers to read names, in-person or virtually, during 30-minute blocks. People can sign up by visiting the Jewish Federation's website ([www.jewishsgpv.org](http://www.jewishsgpv.org)) or calling 626.445.0810.

Those who do not feel like reading can attend the commemoration ceremony, sit and listen as the names are read, and help spread the word about the event. Being present and showing support is part of the power of the event.

For more information about this event, please get in touch with the Jewish Federation at 626.445.0810 or by sending an email to [federation@jewishsgpv.org](mailto:federation@jewishsgpv.org).

The Jewish Federation of the Greater San Gabriel and Pomona Valleys' mission is to build community by strengthening and enhancing Jewish life. The Jewish Federation does this by providing programs and services that support the needs of the Jewish community in our region and acts as the Jewish voice on issues that affect the greater Jewish community.



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**KEY CLUBS SUPPORT SANTA TERESITA**

Duarte High School and CS Arts Key Clubs share an overall vision. They are student-run organizations focused on community service.

This year both clubs found an opportunity to support Santa Teresita. CSArts High School Key Club decided to create custom greeting cards for each resident in Santa Teresita's Assisted Living Cottages.

CS Arts Key Club President, Minji, with Duarte Kiwanis member, Kaye Biggs, delivered those cards. The Duarte High School Key Club decided bring to goodie bags with hand written thank-you notes for each of the employees and Sisters at Santa Teresita. Nashita, Natalie and Isaaah, delivered them to Sister Karolyn Rose, OCD.

If you are interested in joining the Duarte Kiwanis or presenting at a future meeting, please contact Tina Carey at tinac51@aol.com.



**SCHOOL DIRECTORY**

**Alverno Heights Academy**  
200 N. Michillinda Sierra Madre, Ca. 91024  
(626) 355-3463  
Head of School: Joanne Harabedian  
E-mail address: jharabedian@alvernoheights.org

**Arcadia Christian School**  
1900 S. Santa Anita Avenue Arcadia, CA 91006  
Preschool - TK - 8th Grade  
626-574-8229/626-574-0805  
Email: inquiry@acsliions.com  
Principal: Cindy Harmon  
website: www.acsliions.com

**High Point Academy**  
1720 Kinneloa Canyon Road  
Pasadena, Ca. 91107  
Head of School: Gary Stern 626-798-8989  
website: www.highpointacademy.org

**La Salle College Preparatory**  
3880 E. Sierra Madre Blvd. Pasadena, Ca.  
(626) 351-8951 website: www.lasallehs.org  
Interim Principal Ernest Siy

**Arcadia High School**  
180 Campus Drive Arcadia, CA 91007  
Phone: (626) 821-8370, Principal: Brent Forsee  
bforsee@ausd.net

**Arroyo Pacific Academy**  
41 W. Santa Clara St. Arcadia, Ca,  
(626) 294-0661 Principal: Phil Clarke  
E-mail address: pclarke@arroyopacific.org

**Monrovia High School**  
325 East Huntington Drive, Monrovia, CA 91016  
(626) 471-2800 Principal Darvin Jackson  
Email: schools@monrovia.k12.ca.us

**Assumption of the Blessed Virgin Mary School**  
Ms. Rose Navarro, Principal  
2660 East Orange Grove Blvd.  
Pasadena, Ca 91107  
626-793-2089  
https://school.abvmpasadena.org/

**Odyssey Charter School**  
725 W. Altadena Dr. Altadena, Ca. 91001  
(626) 229-0993 Head of School: Lauren O'Neill  
website: www.odysseycharterschool.org

**Pasadena High School**  
2925 E. Sierra Madre Blvd. Pasadena, Ca.  
(626) 396-5880 Principal: Mathew Kodama  
website: http://phs.pusd.us

**Barnhart School**  
240 W. Colorado Blvd Arcadia, Ca. 91007  
(626) 446-5588  
Head of School: Tonya Beilstein  
Kindergarten - 8th grade  
website: www.barnhartschool.org

**St. Rita Catholic School**  
322 N. Baldwin Ave. Sierra Madre, Ca. 91024  
Principal: Adela Solis (626) 355-6114  
solis@st-ritaschool.org  
Website: www.st-ritaschool.org

**Bethany Christian School**  
93 N. Baldwin Ave. Sierra Madre, Ca. 91024  
(626) 355-3527  
Preschool-TK-8th Grade  
Principal: Jonathon Hawes  
website: www.bcsliions.org

**Sierra Madre Elementary School**  
141 W. Highland Ave, Sierra Madre, Ca. 91024  
(626) 355-1428  
Principal: Dr. Jodi Marchesso  
E-mail address: marchesso.jodi@pusd.us

**Sierra Madre Middle School**  
160 N. Canon Sierra Madre, Ca. 91024  
(626) 836-2947 Principal: Garrett Newsom  
E-mail address: newsom.garrett@pusd.us

**Clairbourn School**  
8400 Huntington Drive  
San Gabriel, CA 91775  
Phone: 626-286-3108 ext. 172  
FAX: 626-286-1528  
E-mail: jhawes@clairbourn.org

**Walden School**  
74 S San Gabriel Blvd  
Pasadena, CA 91107 (626) 792-6166  
www.waldenschool.net

**Foothill Oaks Academy**  
822 E. Bradbourne Ave., Duarte, CA 91010  
(626) 301-9809  
Principal: Nancy Lopez  
www.foothilloaksacademy.org  
office@foothilloaksacademy.org

**Weizmann Day School**  
1434 N. Altadena Dr. Pasadena, Ca. 91107  
(626) 797-0204  
Lisa Feldman: Head of School

**Frostig School**  
971 N. Altadena Drive Pasadena, CA 91107  
(626) 791-1255  
Head of School: Jenny Janetzke  
Email: jenny@frostig.org

**The Gooden School**  
192 N. Baldwin Ave. Sierra Madre, Ca. 91024  
(626) 355-2410  
Head of School, Jo-Anne Woolner  
website: www.goodenschool.org

**Wilson Middle School**  
300 S. Madre St. Pasadena, Ca. 91107  
(626) 449-7390 Principal: Ruth Esseln  
E-mail address: resseln@pusd.us

**Pasadena Unified School District**  
351 S. Hudson Ave., Pasadena, Ca. 91109  
(626) 396-3600 Website: www.pusd@pusd.us

**Arcadia Unified School District**  
234 Campus Dr., Arcadia, Ca. 91007  
(626) 821-8300 Website: www.ausd.net

**Monrovia Unified School District**  
325 E. Huntington Dr., Monrovia, Ca. 91016  
(626) 471-2000  
Website: www.monroviaschools.net

**Duarte Unified School District**  
1620 Huntington Dr., Duarte, Ca. 91010  
(626) 599-5000  
Website: www.duarte.k12.ca.us

Pasadena Unified School District

**PARENT LEADERS NETWORK**

A monthly gathering for parents and caregivers to develop friendships and learn information that will help parents actively participate on school and district committees. All are welcome!

Register to attend  
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9:00 AM - 10:30 AM  
Tuesday, January 16th  
Franklin Elementary

Registration QR Code:

**ENTERTAINMENT**

**DON'T MISS ALISON ARNGRIM IN "CONFESSIONS OF A PRAIRIE ....."**



**SIERRA MADRE Playhouse**

**Opening next week: Confessions of a Prairie .....** with Alison Arngrim (Nellie Oleson, Little House on the Prairie)

Excitement is building at Sierra Madre Playhouse! Next week marks the much-anticipated opening of Confessions of a Prairie B\*tch with the inimitable Alison Arngrim. This wickedly humorous performance, as acclaimed by the Los Angeles Times, brings the unforgettable Nellie Oleson back to life for her loyal fans.

Dates: January 19 - 28, 2024

Alison Arngrim, the former child star of Little House on the Prairie, renowned activist, and TV Land Award winner, has been touring globally with her widely acclaimed one-woman show. First debuting in New York City in 2002, Confessions of a Prairie B\*tch has since captivated audiences across the U.S. and internationally, including a sold-out run in France under Confessions d'une Garce de La Prairie.

From her roots in Queens, New York, to the prestigious comedy stages of Laugh Factory, The Improvisation, and Comedy Store, Alison has been perfecting her stand-up prowess since the age of 15. Her career encompasses more than just her iconic role on Little House — with appearances on Love Boat and Fantasy Island, and a powerful voice in activism, especially in the fight against AIDS and child abuse.

Don't miss your chance to witness this unapologetically irreverent performance. For tickets, or if you have any concerns or questions regarding the content of the show, please feel free to contact our box office. <https://www.sierramadrepalyhouse.org/>

**MJ THE MUSICAL**  
at the PANTAGES THEATRE, LOS ANGELES



The smash-hit musical, MJ will play the Hollywood Pantages Theatre for a limited six-week engagement until January 28, 2024.

Ticket prices start at \$39. Additional ticket information at [www.BroadwayInHollywood.com](http://www.BroadwayInHollywood.com).

Jackson is one of the greatest entertainers of all time. Now, Michael Jackson's unique and unparalleled artistry comes to Los Angeles as MJ, the multi Tony Award®-winning new musical centered around the making of the 1992 Dangerous World Tour, begins a tour of its own.

Created by Tony Award®-winning Director/Choreographer Christopher Wheeldon and two-time Pulitzer Prize winner Lynn Nottage, MJ goes beyond the singular moves and signature sound of the star, offering a rare look at the creative mind and collaborative spirit that catapulted Michael Jackson into legendary status.

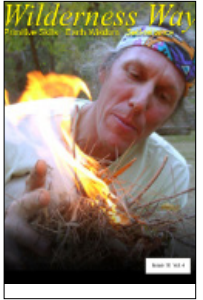
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**CHRISTOPHER Nyergeres**



[Nyergeres is the author of "Foraging California" (which has a section on mushrooms), "Guide to Wild Foods and Useful Plants," "How to Survive Anywhere," and other books. He has studied mycology, and led wilderness trips, since 1974. He can be reached at Box 41834, Eagle Rock, CA, or [www.SchoolofSelf-Reliance.com](http://www.SchoolofSelf-Reliance.com).]

**EXPLORING THE WORLD OF FUNGI**

**INTRODUCTION TO MUSHROOMS**

My serious pursuit of the natural world began before I entered high school. Of all the natural sci-ences, I found mycology the most fascinating and mysterious. There were scant few experts that I could consult with. Furthermore, you couldn't just go out and study a specific mushroom any day you wish, as you might with, say, an oak tree. Mushrooms occur when conditions are right, in a somewhat unpredictable manner, and then they quickly decompose.

So, in the early 1970s, I joined the L.A. Mycological Association to actively pursue my education of the mysterious world of fungi directly with experts, rather than books. I learned how to identify wild mushrooms in the field, and I learned how to cook the edible ones. I had some great mentors from the organization.

I was interested in mushrooms from the standpoint of food, though it was always impressed up-on me to never eat any wild mushroom until I've taken the time to absolutely identify it. I had the opportunity to participate in the field to learn about the details of mushroom identification. Through our monthly meetings with LAMA, I was given insight into the taxonomy of mushrooms, and many of the fine details for keying out a mushroom to genus, and ideally to species. Fortunately today, we have the internet which can dramatically speed up your learning process.



Helen Wong with Reishi mushroom she grew

**GETTING STARTED**

If you are a complete beginner, I would suggest seeking out a group local to you where you can get some field experience. You could inquire also through the North American Mycological Association to find a group local to your area, at <https://namyco.org/>. You can also search for field trips through local colleges and universities, through native plant organizations, and through general internet searches. There are many sources on-line for mushroom identification. My favorite is MushroomExpert.com run by Michael Kuo. Locally, you should attend the annual LAMA event on February 11, Sunday, at the L.A. County Arboretum from 9 to 4 p.m. This is an excellent way to see recently collected mushrooms and listen to lectures from experts.

**CLASSIFICATION**

The basic categories will be gilled and non-gilled fungi. The gilled fungi are further delineated by their spore color. Spores are analogous to seeds, and they fall from the gills onto the ground, and there are simple ways to determine spore color. There are some excellent pictorial guides for keying out the non-gilled fungi, such as "David Arora's "All That the Rain Promises and More." Then, to key a mushroom to genus and species, you need to take note of all the specific details and you probably need to learn some new terms along the way. The details you need to know include (but are not limited to) the shape and texture of the cap, the way the gills meet the stem, the thickness or thinness of the stem, and where it is growing. For non-gilled mushrooms, you will first deal with mushrooms that have pores (small tubes where the spores are formed) instead of gills. Non-gilled fungi are initially easy to determine genus. If it is not pored, you look at the overall shape. Is it like a ball, like coral, a sponge, etc.

**FOOLPROOF FOUR**

A good beginning to the study of mycology is the "foolproof four," a term coined by Clyde Christensen in his "Common Edible Mushrooms" book. These are four edible mushrooms that are widespread, and easily identified. These are morels (*Morchella* spp), Puffballs, Inky caps, and Chicken of the woods. These are not the only "easy" mushrooms to identify, but if you are a beginner, start there. Then learn the other common mushrooms in your area. There are many common wild mushrooms that are found nation-wide such as oyster mushrooms, chanterelles, and field mushrooms (*Agaricus campestris*).

**CAVEAT**

Mycology is a Science, and it requires a substantial amount of study and field work to be able to collect wild mushrooms and eat them without getting sick or dying. And in March of 2009, life-long mushroom hunter Angelo Crippa collected some mushrooms in the hills above Santa Barbara, California. He sautéed them, and ate them, and told his wife they were delicious. Unfortunately, rather than an edible species, he collected a close-lookalike, *Amanita ocreata*, which is deadly. Even with hospital treatment, he survived only 7 days in what became a painful death.

**CLASSES AND BOOKS**  
**BY CHRISTOPHER NYERGERES**  
 Self-reliance – survival – sustainability  
[www.SchoolofSelf-Reliance.com](http://www.SchoolofSelf-Reliance.com)  
 Box 41834, Eagle Rock, CA 90041

**Katnip News!**

SELMA—Supersweet and Beautiful!



This absolute sweetheart found her way to us after being condemned to die at SEAACA. But that wasn't Selma's first brush with death. Selma ended up at SEAACA after someone locked her in a carrier and discarded her next to a dumpster in Downey.



We can't imagine what circumstances drove someone to abandon this cat in this manner, but we can say based on her microchip information and her disposition that her name is Selma, she is nine years old and previously spayed, and once upon a time she was deeply loved. If you have room in your heart and on your lap for this sweet, middle-aged gal, please fill out the application. She would be grateful for another chance. Born 2014. See more at [www.lifelineforpets.org/selma.html](http://www.lifelineforpets.org/selma.html), or use the qr code.

**Pet of the Week**

Chet is the life of the party wherever he goes! This handsome two-year-old extroverted husky is ready to make you his new BFF!



Chet knows how to work a room. He basks in attention from adults, kids, and other dogs. He is happiest when someone is petting him, brushing his luxurious coat, or, if you're a dog, playing with him! He wants to play with nearly every dog he sees!

It appears that Chet is housetrained, and he has been working on training cues with the volunteers at Pasadena Humane. He's not particularly treat-motivated, but he hasn't found a toy that he doesn't love, and he'll go through all his tricks until you give it to him.

Chet is energetic, so having another large dog for him to play with would be nice. He has bonded quickly with some of the dogs he's spent time with while out on field trips. Chet is an all-around fun dude and he's ready to brighten up your days!

The adoption fee for dogs is \$150. All dog adoptions include spay or neuter, microchip, and age-appropriate vaccines.

New adopters will receive a complimentary health-and-wellness exam from VCA Animal Hospitals, as well as a goody bag filled with information about how to care for your pet.

View photos of adoptable pets and schedule an adoption appointment at [pasadenahumane.org](http://pasadenahumane.org). Adoptions are by appointment only, and new adoption appointments are available every Sunday and Wednesday at 10:00 a.m. Limited same-day appointments are available during weekend Visiting Hours. Check website for times.



**WILDLIFE REPORTING**

**CALL 911 IF: -**

- THERE IS HUMAN/WILDLIFE CONTACT
- IF A BEAR, MOUNTAIN LION, OR COYOTE ARE IN A STRUCTURE -
- ANY TIME ONE FEELS ENDANGERED

**CALL 626-355-1414 (SMPD NON-EMERGENCY LINE) IF:**

- BEAR, MOUNTAIN LION, OR COYOTE WAS IN STRUCTURE (ANIMAL IS NO LONGER PRESENT)
- WILDLIFE IS PERSISTENTLY ON PROPERTY
- REPORT ILLEGAL FEEDING OF WILDLIFE

[Wildlife.ca.gov](http://Wildlife.ca.gov) - REPORT ALL INCIDENTS TO CALIFORNIA DEPARTMENT OF FISH & WILDLIFE FOR DATA COLLECTION

[Wildlife@cityofsierramadre.com](mailto:Wildlife@cityofsierramadre.com) - REPORT ALL INCIDENTS TO CITY OF SIERRA MADRE FOR DATA COLLECTION

**YOUR AD COULD BE HERE!**  
**CALL PATRICIA**  
**626-818-2698**  
**TODAY!**

**Pets in need**

**Some pet parents cannot afford the cost of vet care right now. You can help those pets! Visit us:**

[www.FreeAnimalDoctor.org](http://www.FreeAnimalDoctor.org)

Sierra Madre based non-profit

**DISCOVER YOUR IDEAL ASSISTED LIVING COMMUNITY WITH SAFE PATH FOR SENIORS**

Are you or a loved one considering senior living? Safe Path for Seniors offers a FREE service to simplify your search. Our expert advisor will provide per-sonalized guidance, connecting you with the perfect assisted living community tailored to your needs and budget. With an extensive network and cost-effective options, we ensure peace of mind during this transition.



**Why Safe Path for Seniors?**

\*Personalized Support: We understand unique requirements. \* Extensive Network: Find communities that suit your preferences. \*Budget-Friendly: Discover cost-effective solutions. \* Streamlined Process: Save time with our seamless placement. \*Compassion and Care: Your well-being is our priority. Let us be your trusted partner. Call (626) 999-6913 or visit [www.safepathforseniors.com](http://www.safepathforseniors.com) for a FREE consultation. Begin a comfortable, fulfilling senior living journey with Safe Path for Seniors.

**HOW TO FIGHT BACK AGAINST AGE DISCRIMINATION**

Dear Savvy Senior:

What are the steps to take to fight against age discrimination in the workplace, and where can I turn to for help if I think I've got a case?  
Passed Over Paul

Dear Paul:

If you believe your age has cost you in the workplace – whether it's a job, a promotion, or a raise – you have options for fighting back. Here's what you should know along with some steps to take against this illegal workplace activity.

**ADEA Protection**

The Age Discrimination in Employment Act (ADEA) is your first defense against age discrimination. This is a federal law that says an employer cannot fire, refuse to hire, or treat you differently than other employees because of your age. Some examples of age discrimination include:

You were fired because your boss wanted to keep younger workers who are paid less.

You were turned down for a promotion, which went to someone younger hired from outside the company, because the boss says the company "needs new blood."

When company layoffs are announced, most of the persons laid off were older, while younger workers with less seniority and less on-the-job experience were kept on.

Before you were fired, your supervisor made age-related remarks about you.

You didn't get hired because the employer wanted a younger-looking person to do the job.

The ADEA protects all workers and job applicants age 40 and over who work for employers that have 20 or more employees – including federal, state and local governments as well as employment agencies and labor unions.

If your workplace has fewer than 20 employees, you may still be protected under your state's anti-age discrimination law.

**Steps to Take**

If you think you are a victim of employment age discrimination, you may first want to talk to your supervisor informally or file a formal complaint with your company's human resources department.

If that doesn't resolve the problem, you should



then file a charge with the Equal Employment Opportunity Commission (EEOC) within 180 days from the date of the alleged violation, but it may be extended to 300 days. You can do this online, by mail or in person at your nearest EEOC office (see [EEOC.gov/field-office](http://EEOC.gov/field-office)) or call 800-669-4000. They will help you through the filing process and let you know if you should also file a charge with your state anti-discrimination agency.

If you do file, be prepared to provide the names of potential witnesses, your notes about age-related comments and other episodes.

Once the charge is filed, the EEOC will investigate your complaint and find either reasonable cause to believe that age discrimination has occurred, or no cause and no basis for a claim. After the investigation, the EEOC will then send you their findings along with a "notice-of-right-to-sue," which gives you permission to file a lawsuit in a court of law.

If you decide to sue, you'll need to hire a lawyer who specializes in employee discharge suits. To find one, see the National Employment Lawyers Association at [NELA.org](http://NELA.org), or your state bar association at [FindLegalHelp.org](http://FindLegalHelp.org).

If you lose your job in a group termination or layoff, you should consider joining forces with other colleagues. There are advantages to proceeding as a group, including sharing costs of the litigation and strengthening your negotiating position.

Another option you may want to consider is mediation, which is a fair and efficient way to help you resolve your employment disputes and reach an agreement. The EEOC offers mediation at no cost if your current or former employer agrees to participate. At mediation, you show up with your evidence, your employer presents theirs and the mediator makes a determination within a day or less.

Send your senior questions to: Savvy Senior, P.O. Box 5443, Norman, OK 73070, or visit [SavvySenior.org](http://SavvySenior.org). Jim Miller is a contributor to the NBC Today show and author of "The Savvy Senior" book.

**FITNESS FOR LIFE**

**RAISE YOUR HAND...**

...if you'd like to get heart disease. Raise your hand if the thought of becoming diabetic (or staying that way) is appealing to you. Raise your hand if you are good with giving up 10 years of your life. Any takers? I doubt anyone reading will be raising a hand.



Michele Silence, M.A. is a 37-year certified fitness professional who offers semi-private/virtual fitness classes and a weight management support group. If you have questions or ideas for this column Contact Michele at [michele@kid-fit.com](mailto:michele@kid-fit.com). Visit her Facebook page at: [michellesfitness](https://www.facebook.com/michellesfitness).

So if we don't want to get heart disease, diabetes, or live shorter lives, why are we so resistant to things that have been proven repeatedly to help us avoid them? One such example is a recent twin study conducted by Stanford Medicine researchers and published on Nov. 30 in JAMA Network Open. Additionally, you can watch the new Netflix docuseries, which details the research and allows you to follow different pairs of twins who are assigned either to a 'healthy' standard American diet or a healthy vegan diet for 2 months. The series is quite entertaining and shows the anguish all the twins experienced, stressing over whether they would be assigned to the vegan eating plan. You would think that one twin in each pair was about to be asked to sacrifice a limb. After all, what could be worse than the horror of eating a plant-based diet?

If you're interested in learning more, as I was 10 years ago, there are numerous documentaries that illustrate the damage our diet inflicts on our health. This has been proven for years: we know how to lower your risk of heart disease, stroke, cancer, diabetes, and other serious medical conditions.

And let's not forget about the environment. We are exhausting the land used for animal agriculture, forcing the continued deforestation of more and more forests. But in the long run, this approach won't be enough; it simply can't be sustained.

If these two reasons aren't convincing enough, consider the compassion for the pain and suffering inflicted on animals bred solely to be pumped full of hormones, vaccines and high-calorie feeds. These animals grow abnormally fast, live in crowded, filthy conditions, have their babies ripped away from them over and over, and are slaughtered by the millions every day, as if they have no feelings, no fear, no right to a peaceful life. If you can look at your dog or cat and imagine that life and death for them, you might feel a twinge of sadness for how we treat these other beings. They are not worthy because they aren't the animals we typically keep as pets.

Am I advocating that everyone become vegan? Of course it would be nice but at this point in time the country isn't ready for it. Animal agriculture isn't ready for it. Although more and more farmers are shutting down their facilities. Many people are not yet willing to confront the full reality of what it takes to bring a steak to their plate. The water required, how much land is needed, filthy living conditions, waste that leaches into water supplies, the illnesses it causes, and on and on and on. But if everyone simply ate more plants and less animal products it would be a good start, to benefit all.

Perhaps we all need to examine why change is so hard, even when we know it's in our absolute best interest. Is the taste of cheese worth sacrificing years of your life? Is eating bacon worth the ethical cost of confining a pig in a crate where it can never turn around or sit down for its entire life? Do we really want to continue polluting our land, air, and water, especially when we could instead be consuming the very foods we feed these animals?

With all these benefits in mind, how have we reached a point where those on plant-based diets are viewed as odd or extreme? And why does the idea of eating a different kind of hamburger seem to many like a threat to the enjoyment of life? People who quit smoking are not referred to as weird.

To learn more, check out the docuseries reference above and these other excellent movies about food, lifestyle and health:

- You Are What You Eat (Twin study and diet)
- Blue Zones (Regions where people live the longest lives)
- What The Health (Diet and disease)
- The Game Changers (Plant based eating for athletes)
- Cowsspiracy (Animal agriculture and the environment)
- Forks Over Knives (Diet and chronic disease)

One thing is for sure. After watching any of these films you will definitely walk away saying "I didn't know that" at least a few times. Knowledge is what allows us all to make informed decisions in life. Those decisions can help us live longer, healthier and happier lives. I think we can all raise our hands to that.

**SENIOR HAPPENINGS**

**HAPPY BIRTHDAY! ...JANUARY BIRTHDAYS\***



Gerald Day, Mary Tassop, Judy Webb-Martin, John Johnson, Mary Bickel, Marlene Enmark, Shirley Wolf, Ross Kellock, Ruth Wolter, Sandy Thistlewaite, Bobbi Rahmmanian, Fran Syverson, Judy Zaretzka and Becky Evans. \* To add your name to this distinguished list, please call the paper at 626.355.2737. YEAR of birth not required



**FILE OF LIFE PACKET**

Sierra Madre residents have the opportunity to participate in the FILE of LIFE program for FREE. This program allows residents to compile all their important medical information into a single packet, which can be quickly accessed by local paramedics in case of a medical emergency. Packets are available at the Fire Department and City Hall.

For additional information, please contact the Fire Dept. at 626-355-3611, email [fire@cityofsierramadre.com](mailto:fire@cityofsierramadre.com) or visit City Hall during regular business hours.



Monday & Wednesday 10-1045 AM

**Chair Yoga**

Please join us for some gentle stretching, yoga, balance exercises and overall relaxation.

Classes are ongoing and held in the Hart Park House Senior Center.



**WELCOME TO**

Beginner Every Thursday 10:00 AM-11:00 AM

Intermediate Every Friday 10:00 AM-11:00 AM

Bring your lei, flower skirt or just your desire to dance! Join in on the fun in the Memorial Park Covered Pavilion on Thursday, the Hart Park House Senior Center on Friday.

**HULA & POLYNESIAN DANCE**

City of Sierra Madre Senior Community Commission Presents

**Valentine's Day Social**

Wednesday, February 14, 2024 3:00pm-5:00pm

Hart park House Senior Center

Champagne and desserts will be served. Reservations are not required.

Please call the Community Services Department at 626-355-5278 for more information.



**OUT TO PASTOR**  
A Weekly Religion Column by Rev. James Snyder  
**I'M NOT DIABETIC BUT I AM A SWEET GUY!**

Lately, I've been very tired. Which has nothing at all to do with my age. Rather, it has everything to do with all these spam calls I get every day. It seems most spam calls come during lunchtime when I'm eating. How dare they? I don't know who created this idea of spam calls, but I would like five minutes alone with them. If you know what I mean.

For me, it began with my expired car warranty. I would get calls daily telling me that my car war-ranty had expired and that I could remedy that situation by signing up with their warranty pro-gram. They have everything I need, so they say. What I really need is an Apple Fritter. Nobody's ever offered me that. One thing they did not have was my fist in their nose. But that's another story.

Finally, I responded to their calls by telling them that I had a 1915 Ford Model T, with only 896,000 miles on it. I had so many clicks following this that I couldn't count them. Thanks Henry Ford. The in-person calls are annoying, but it is the recorded calls that I just don't like. I've been getting recorded calls saying that two years ago I had an accident and they would be glad to help me get the money I deserve. If I had an accident two years ago, I must've been asleep at the wheel. Companies that call me with a recorded message will never get my business.

Then there are those Medicare calls wanting to upgrade my coverage at no cost to me. One of the first things they want to know is my age. I get so sick and tired of this that after a while I came up with my story. "So, how old are you sir?" My response, "Well, I tell you, that is a difficult answer because every year my age changes, and I get confused, and I can't keep up with my actual age." There's a chuckle on the other end of the line and the person says, "So, when is your birthday?" Again, my response is, "Well, my birthday is the day I celebrate being born." I sense a little frustration on the other line, and then they say, "Tell me what day your birthday is on." "Well, one year it's on a Tuesday, and the next year it's on a Thursday, and then it's on a Saturday, and boy, I can't keep up with it." Finally, I hear what I've been waiting for: a click from the other end of the line.

I don't think my age or birthday is anybody's business but mine. If I want somebody to know that information, I'll call them myself. When somebody I don't know calls me and asks for personal information, I will not cooperate. If these spam callers act foolish, I will reciprocate and act foolish to them. I'm a good actor, so says The Gracious Mistress of the Parsonage.

I'm often confused when someone calls me and wants me to tell them when they can deliver some medical equipment that will not cost me anything. It will be absolutely free. Of course, if I want some medical equipment, I'm going to go through my doctor. After all, that's why I pay him all that money. I would like to know how much money these spammers make doing the kind of job they do. They must be making money, or they wouldn't always be calling. Where do they get the money, and who in the world would be foolish enough to give them personal information? One person asked for my Social Security number, so I gave him 123-45-6789. That has to be somebody's security number, but it certainly isn't mine.

Then the latest thing is that some spammer calls me and tells me that they are sending me some medical equipment to help me with my diabetes. And, (drumroll) it won't cost me anything. I know when somebody says it's not costing me anything, it will definitely cost me something. "So, sir," the spammer said, "do you have diabetes?" Why in the world do they call me thinking I have diabetes? Where are they getting that infor-mation? I know they haven't talked to my doctor about it.

Then I had an idea. The next time a spammer called me and asked if I had diabetes, I said, "I'm not diabetic, but I am a sweet guy." After doing that several times, one person angrily said, "Are you hitting on me?" "No," I said, "but I sure would like to hit you."

The Gracious Mistress of the Parsonage often tells me not to answer any of those calls. I explain to her I need to have fun and make it hard on some of these scammers. After all, don't you get what you give? There was a pause in those annoying calls and I had an opportunity to think about a Bible verse.

David said in Psalm 18:3, "I will call upon the Lord, who is worthy to be praised: so shall I be saved from mine enemies." My thought was, no call from me could ever annoy God. He is saving for me to call upon him. Whenever I call upon God, He is anxious to respond to my need. God doesn't look on me as a spammer, but a claimer of His amazing grace.

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**Mountain Views News Mission Statement**

The traditions of community newspapers and the concerns of our readers are this newspaper's top priorities. We support a prosperous community of well-informed citizens. We hold in high regard the values of the exceptional quality of life in our community, including the magnificence of our natural resources. Integrity will be our guide.

**STUART TOLCHIN PUT THE LIGHTS ON APPRECIATING HUMAN NEED**



After the forced isolation relating to the pandemic and congruent with my recent retirement at age 77, I realized that something had to change. Generally, I resist and have lived at the same property for 45 years. Of course during these years, there have been some changes. My first small house had an inflated cost of over \$50,000 and is now long gone and has been replaced with a larger house containing three bedrooms and the necessary stairs. Unfortunately this change required an unanticipated loss of two large trees which are fondly remembered by my two children. Now these children are in their 50's. I guess I have forgotten the trees along with much else, but I cannot forget the stairways, which at my age become steeper and higher if you know what I mean.

Luckily there exists within walking distance, The Los Angeles County Arboretum. It's just a beautiful place existing in the city of Arcadia just across from the racetrack and the Santa Anita mall, composed of relatively flat ground and various Garden locations and is a perfect early morning walking place. On these early morning walks among the peacocks I actually began to notice the different plants and flowers beneath the ever-changing Beautiful Morning Skies above the Magnificent mountains. One quick word about the peacocks on the other side of Baldwin Avenue are many expansive family residences with appropriate street names such as Harvard, Princeton, Cambridge, and Oxford. And who do you think appears on the roofs or the lawns of these houses? Perhaps you have guessed but it was a complete surprise to me. On the other side of a very busy street are seen multiple peacocks and peahens often walking in front of or behind but always near their little chicks. It is a very surprising and surprisingly moving site and my wife and I and our 4-year-old granddaughter frequently go on what my wife calls a "peacock safari" to the amusement of all of us. My granddaughter now does a wonderful vocal peacock imitation which to others might be disagreeable but from her mouth is a wonderfully entertaining experience.

Being in the Arboretum was a kind of life-changing experience. Soon I became a volunteer and participated in multi-multiple 3 hour orientation programs. I did my best to keep up with the rest of the volunteers as the leaders describe the different localities within the arboretum. There was much information, a little too much for me to absorb it. I became more aware of my limitations. I took my place in a volunteer spot to which I was assigned. This was weed pulling going up and down in the hot sun and definitely not for me and I requested a different assignment. Happily, I was assigned to the library.

Now I am involved as a potential moderator of a discussion group about the connection of human beings to the natural world. In preparation I have begun to read the book "Plants and Society."

The first sentence of the book states "Much of modern society is estranged from their natural world; people living in large cities often spend 90% of their time indoors and have little contact with nature." And this was written before the pandemic. On the first page of the book it has the name of all the great necessities in life: food, clothing, shelter and fuel. As I thought about the necessities I realized how fortunate my life has been; but I realized how troubling it is to know that many Americans do not have these needs met. Part of my realization is that although I am aware of the problems, I have made a little effort to do much about them. Just let me think about personal values. One thing I cherish is a feeling of safety for my family and myself. I want, actually need, to feel that I understand what is going on around me. I want to be able to trust the news that is presented to me and to make my own evaluation of what is right conduct. I try to understand other people's values. Right now during this momentous election cycle,

I have a great deal of trouble understanding where other people are coming from. Perhaps, like everyone else, I would benefit from a calm exposure to other situations and we would all not feel so disconnected. Connections to other people and to the natural world are as important as meeting our basic needs and I feel I have already gained something from my experience with the peacocks and the trees. I believe it is another human need.

**DINAH CHONG WATKINS**



**CLOSE ENCOUNTERS OF THE WRONG KIND**

**ARCTIC THAW**

The new year rings in as a Polar Vortex swoops into Southern California. Local residents feverishly scrounge in the back of their closets for closed toe shoes and environmentally-correct quarter-zip fleece tops made from recycled Mountain Dew Baja Blast bottles.

Pandemonium erupts as electric space heaters sell out at Walmart, leading to spontaneous visits to grandparents from Millennials, intent on "borrowing" their Nana's hot water bottle, and decades-long rental tenants struggle to find exactly where the furnace controls are and do they actually work?

Long pants and socks make a reappearance on Venice Beach where chiseled body builders along Muscle Beach begrudgingly cover their cobbled six-packs under puffy goose-down vests.

Meanwhile, local weather reporters proclaim apocalyptic forecasts of tree-toppling winds, floods, snow, and freezing temperatures, the likes of which no person, plant or animal has ever seen.

Oh my word!

Now what actually happened. People added a hoodie to their regular T-shirt and swapped out the flip flops for No-Show socks and Crocs. Of course, there were some who, taking advantage of the cooler weather, broke out the sheepskin booties, flannel underpants, leather jackets and REI Timber Mountain insulated outerwear.

As Southern Californians, we're acquainted with seasonal variations of 10°F throughout the year, however, our neighbors up to the north smugly smirk at our freezer burn when it drops down to the mid-fifties Fahrenheit.

"Hah!" they sneer,

"We walk to the corner store for a single can of Pepsi in the middle of a white-out bone chilling blizzard, even when we got tins of Coke back in the fridge."

These Arctic warriors below the 49th parallel give no ground to the glacial conditions which bedevil them six to eight months of the year. Catch the news video from the recent home game of the NFL Buffalo Bills against the Pittsburgh Steelers, not only was the game postponed a day from the ferocity of snowfall and high winds, but Buffalo Bills fans came out on Game Day morning to help shovel out tons of snow packed in the stadium. Bare chested and broad, the Buffalo fans were rewarded with a 17-31 win against Pittsburgh. On the game, New York's governor Kathy Hochul commented,

"There's good karma playing in the bitter cold."

For many Californians, their experience with snow is man-made drifts blowing out of a machine at The Groves or Disneyland around Christmas or perhaps a quick drive up on the 330 North to Big Bear, cardboard sheet in the trunk for a non-government-regulated slide down a hill by the highway.

But isn't that what we love about South California? Here we brave the proliferation of taxes, the incredibly high costs of living, the intractable issues of homelessness, the crime rate of a major metropolis, the absence of a White Castle slider, in exchange for what?

Ask the Arctic Warriors, they visit us all year round!

Dinah Chong Watkins column appears every 1st and 3rd Saturday of the month.

For more Close Encounters Of The Wrong Kind go to [www.ceotwk.com](http://www.ceotwk.com)

**RICH JOHNSON NOW THAT'S RICH IS IT ME...or IS IT ME?**



A pet peeve is an aversion or annoyance a person finds, well, annoying. Like my column for instance. Even I find it annoying... probably more often than you find my column annoying, aggravating, bothersome, disturbing, irritating or dare I say vexatious.

Grandma's were asked in a recent interview what really got their goat. A sweet grandmother was convinced the airlines were conspiring by making airplane seats smaller and smaller. Another sweet silver-haired septuagenarian (maybe she was a octogenarian) was awfully upset at those people who make noise when they chew. I bet slurping soup bothers her too. My favorite was a sweet, sweet senior citizen who sat and wined and cried about people who wine and cry. It made me whine and cry. You too?

Chewing only bothers me when I'm hungry. And for heaven's sake, when in public, keep your hands away from your nose. I don't care if it itches. If you really have to, go ahead and scratch your nose as long as your hands stay above the part of your schnozz that faces down. In other words pick your friends, not your...

Repetitive tapping...a pencil, pen, foot, knuckles, bowling balls...geesh already. People who talk during movies. Do you have friends who are perennially late. I do. And why would people talk when they could be listening to you or me. Not replenishing the toilet paper and thereby stranding people far from a toilet roll should be a felony.

The "friend" you let use your car and they return it with an empty tank of gas. While we're at it what about people who don't use the Oxford comma. Don't know what the Oxford comma is? Wow...look it up and report back to me. The worst part of complaining to friends is when you tell your friend what happened and...your 'friend' stops you and says "well, you think you got problems..." and goes on and on about what's bothering them.

A former president, Teddy Roosevelt said, "Complaining about a problem without proposing a solution is called WHINING!" Is it really me getting serious? Yikes!

But I stumbled onto an extraordinary educator named Tony D' Angelo. He helps students (and wayward adults) improve their quality of life with what we might call "shifting the paradigm" (changing the way we think about or do something). Tony tells us:

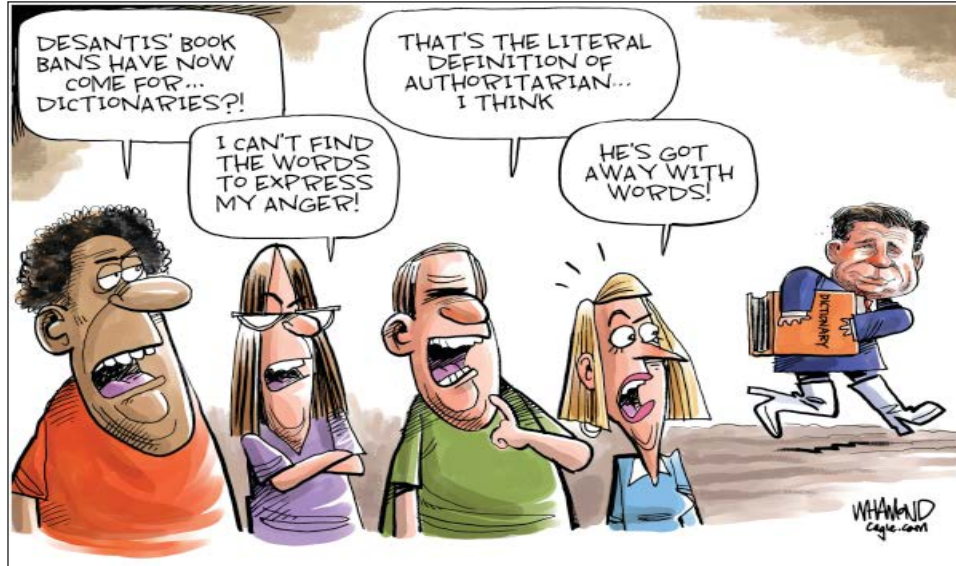
- "The most important things in life aren't things."
- "You must first get along with yourself before you can get along with others."
- "In order to succeed you must fail, so that you know what not to do the next time."
- "Have a strong mind and a soft heart."
- "When you're young, try to be realistic; as you get older, become idealistic. You'll live longer."
- "Never let your persistence and passion turn into stubbornness and ignorance."
- "The only real failure in life is one not learned from."
- "You can learn a lot from people who view the world differently than you do."
- "You are not a tree. If you don't like where you are, move."

God offered King Solomon power, riches and a long life, Solomon asked for wisdom instead. God loved Solomon's request and also gave him wealth and a long life. A few of Solomon's bits of brilliance:

"Whoever is slow to anger has great understanding, but he who has a hasty temper exalts folly." Proverbs 14:29

"Be not quick in your spirit to become angry, for anger lodges in the heart of fools." Ecclesiastes 7:9

Now don't get angry but I'm gonna promote JJ Jukebox's next concert. We will be playing February 10 at Nano Café. That's Saturday night 6:30-9:30. Bring someone special and embarrass yourself on the dance floor. Great food, drinks, dancing and 60's and 70's rock music. Call (626) 325-3334 for reservations. Bye for now.







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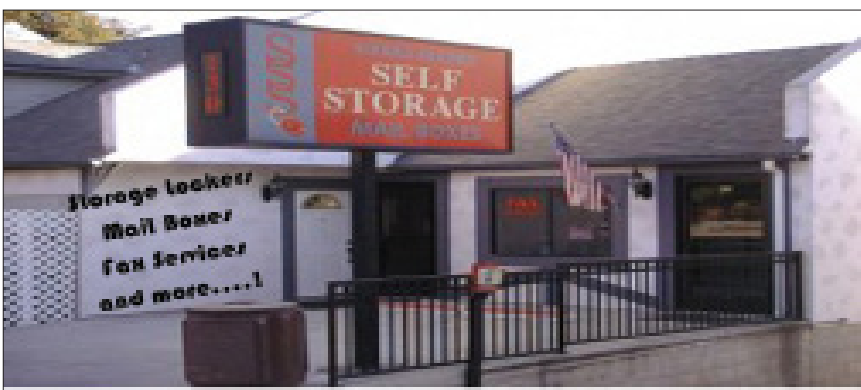
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### THE ROSE BOWL AQUATICS CENTER ANNOUNCES NAMING OF RECREATIONAL POOL AFTER PASADENA CIVIL RIGHTS LEADER

The Rose Bowl Aquatics Center (RBAC) is excited to announce a significant tribute to Dr. Edna Griffin, a trailblazer in social justice who served as the first Black female president of Pasadena's NAACP branch (1938-47) and led the charge in desegregating the Brookside Plunge. Recognizing her remarkable contributions to civil rights and the Pasadena community, the RBAC's Recreational Pool will be renamed in Dr. Griffin's honor.

In 1914, the Brookside Plunge, a municipal pool, was declared a racially segregated institution, therefore restricting access to non-whites to one day a week. In 1942 the Pasadena NAACP under the leadership of Dr. Griffin, led the successful legal desegregation effort of the Brookside Plunge. Her legacy, now celebrated by the RBAC and the City of Pasadena, embodies her commitment to inclusivity and community well-being, foundational principles deeply embedded in the core values of the RBAC.

Established in 1990 on the former site of the Brookside Plunge, the RBAC operates as an independent nonprofit 501(c)(3) organization, offering valuable resources to the residents of Pasadena and the broader San Gabriel Valley. With a mission to promote community well-being through water safety, aquatic programs, and competition, the RBAC is a cornerstone for fostering a vibrant, healthy community. Jimmy Francis, President and Executive Director of the RBAC, expressed,

"It is an honor to name the RBAC's Recreational Pool after Dr. Griffin, celebrating her enduring impact on justice and equity in the City of Pasadena. Naming this pool, with its diverse range of activities that promote wellness and water safety, symbolizes our commitment

to upholding her legacy. The RBAC is dedicated to serving our community with equity. We are more than a pool, we are a community resource where everyone is welcome."

In collaboration with the City of Pasadena, the RBAC will commemorate the Recreational Pool's renaming in May 2024, coinciding with Water Safety Month. Various pre-event activities will support this celebration.

Tyron Hampton, First District Councilmember for the City of Pasadena where the RBAC resides, first initiated this project emphasizing the importance of comprehensively and accurately acknowledging history to avoid repeating mistakes.

"Preventing access to a public pool and denying the opportunity to learn a crucial life skill harmed not just our community but the entire region. Today, the RBAC inclusively welcomes everyone, offering access and life-saving water safety instruction in our public schools. Like many residents, I learned to swim at the RBAC."

Justin Jones, Third District Councilmember for the City of Pasadena, who has championed the renaming effort echoed this sentiment, stating, "Pasadena's history reflects that of the United States, where economic conflicts have often been framed racially. One of the best ways to understand and navigate the present effectively is to study and understand the past. My great-grandmother was in the courtroom when the NAACP and Dr. Griffin sued the City for racial discrimination at the municipal pool."

The RBAC invites media inquiries and participation in upcoming events celebrating Dr. Griffin's legacy. Together, we can continue to create a positive impact in the vibrant city of Pasadena.



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We're making a vegetable tray...  ...fruit smoothies and spicy chicken. 

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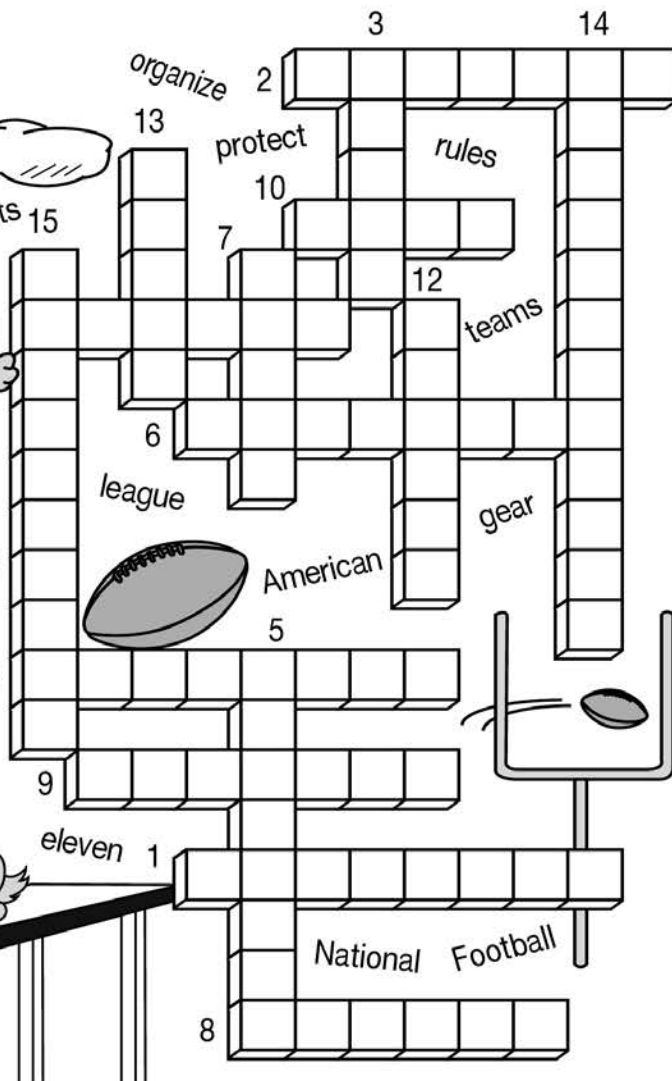


**Read these clues about the history of football. Fill in the puzzle!**

## Football Facts & Fun

I might be a groundhog, but I'm also the world's biggest football fan. I'm supposed to hibernate from October through the winter months - but that's prime football season! So, I sneak out of my burrow to watch my favorite teams play. Even when I predict six more weeks of wintry weather I watch the Super Bowl!


1. American \_\_\_\_\_ grew out of a rough game played in England called rugby.
2. In the early days of football games, the rules were loose, and there were no special pieces of clothing to \_\_\_\_\_ the head or body.
3. A man named Walter Camp, who played and coached football at Yale University, helped to set and write down the \_\_\_\_\_ for football.
4. In 1920, some professional teams (meaning players got paid to play) started a league (APFA) to better \_\_\_\_\_ football.
5. In 1922, the APFA league became the \_\_\_\_\_ Football League or NFL.
6. A new league was formed in 1959 called the \_\_\_\_\_ Football League or the AFL.
7. During the 1960's the NFL \_\_\_\_\_ played against the those of the AFL.
8. In 1969 the NFL and the AFL joined into one \_\_\_\_\_ that we know as today's NFL.
9. The football was nicknamed "pigskin" because the ball was covered in a pig's bladder. Today the football is made with a rubber bladder covered with \_\_\_\_\_.
10. Shoulder pads, helmets, facemasks, gloves and shoes with cleats are some of the protective clothes and \_\_\_\_\_ that have been designed for today's players.
11. There are \_\_\_\_\_ players on the field for each team.
12. The object of the game is for each team to move the football forward into the other team's end zone to score the most \_\_\_\_\_.
13. The referees on the field keep \_\_\_\_\_ during the game. They make sure the rules are obeyed.



organize 2  
protect 10  
rules  
points 15  
11  
6  
league  
American  
5  
9  
eleven 1  
National Football  
8  
14. The Super Bowl is the yearly game for the \_\_\_\_\_.  
15. Thanks to \_\_\_\_\_, it is one of the most watched sporting events in the world.

television  
championship  
leather  
order  
4  
We made a more healthful crust, cut the sugar and filled our pie to bursting with berries.

What are your favorite snacks?





# JOHN HARABEDIAN

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**INVEST IN HIGHER EDUCATION** to ensure that every Californian can learn the skills they need for the workforce.

**JOHN HARABEDIAN** was born and raised in Sierra Madre, in the heart of the 41st Assembly District. John is a California State Commission President, attorney, father, and former City Councilmember and Mayor. He was elected to the Sierra Madre City Council in 2012, re-elected in 2016, and twice served as Mayor. As Mayor, John worked to improve city services, strengthen fire protection, and support local businesses. Professionally, John has worked as a prosecutor at the Los Angeles District Attorney's Office and as an attorney at Latham & Watkins.

A proud graduate of Loyola High School, John earned his bachelor's degree from Yale University, master's degree in comparative social policy from Oxford University, and law degree from Stanford University. John and his wife Young-Gi are the proud parents of three boys.



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